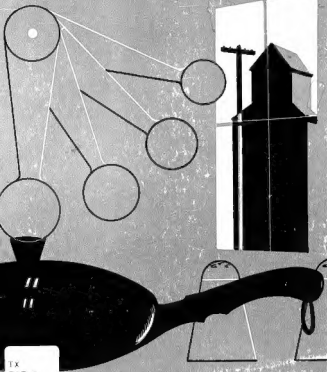


*From*  
**SASKATCHEWAN**  
**HOMEMAKERS' KITCHENS**



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**BOOK COMPILED BY HOMEMAKERS' CLUBS  
OF SASKATCHEWAN'S GOLDEN JUBILEE**



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# SASKATCHEWAN HOMEMAKERS' KITCHENS.

A COOKBOOK COMPILED BY  
SASKATCHEWAN HOMEMAKERS' CLUBS  
WITH THE ASSISTANCE OF THE  
GOLDEN JUBILEE COMMITTEE.

DEDICATED  
TO THE  
WOMEN OF  
YESTERDAY.





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## Introduction and Acknowledgements

Early settlers gave freely of food and hospitality to all who passed by on prairie trails. It is therefore fitting that Saskatchewan Homemakers' Clubs should compile a cook book to mark the Saskatchewan Golden Jubilee. Each club had the privilege and the honor of selecting a favorite recipe as their contribution to the book. With heartfelt thanks From Saskatchewan Homemakers' Kitchens is dedicated to the pioneer women of this province.

Many people have assisted in the preparation of this cook book. We wish to acknowledge the assistance of the Women's Services Extension Department, University of Saskatchewan. Everyone on the staff has made some contribution, but we owe a special thanks to Miss Margaret Pattillo who planned the cook book, to

iv.  
Mrs. Margaret Crowle who compiled it, and to Miss Mona Drees who illustrated the introductory page of each section.

To Mr. A. W. Hovey, Provincial Government Artist we wish to express our sincere thanks for his illustration of the front cover and for the Saskatchewan scenes which appear throughout the book. The Golden Jubilee Committee made arrangements for his assistance and have co-operated fully in the promotion and distribution of the book. We owe a special debt of gratitude to Miss Beula Omer, a former director of Women's Services, to Miss Edith Rowles of the college of Home Economics, and to Mrs. Winnifred Taylor, a Saskatchewan Homemaking, for their interesting stories which link the present with the past.

Euphrosyne Thomson,  
President.



## Saskatchewan Homemakers' Clubs.

Any record of pioneer activities in Saskatchewan would be incomplete without the story of the Homemakers' Clubs.

Although provincial organization was not effected till 1911, before then groups of rural and small town women had been formed to promote sociability and to provide opportunities to discuss matters of mutual interest. Among these groups were the Prosperity Homemakers' Society near Rossmore, organized in 1907 and the Open Door Circle of Mair, organized in 1909.

During the autumn of 1910 Miss Hillion Ceynon (Hillion Laurie) of the Manitoba Free Press addressed a series of women's meetings at points along the Canadian Pacific Railway line west of Regina and stimulated them to organize groups similar to the Women's Institutes of Ontario.

On the last day of January 1911, 42 women, representing 15 communities, gathered in Regina for a 3 day conference arranged by Mrs. F. Stedley Auld, at that time Director of Extension Services at the University of Saskatchewan. Speakers at the conference, included, among others, Hon. G. B. Motherwell (then provincial Minister of Agriculture) and Mrs. Motherwell, Mrs. Nellie M. Chung, Miss Elora Hind and Mr. Norman M. Gies of Indian Head Forestry Branch.

The conference resulted in the adoption of a constitution, with its stated object "the promotion of the interests of the home and community" and the selection of the name "homemakers". This name was the choice of the late Dean of Agriculture, W. J. Rutherford and was unanimously endorsed by the first University President, Dr. W. C. Murray.

From their inception till the present time Homemakers' Clubs have been community minded. As a non-partisan and non-sectarian body, they have welcomed women of all religious faiths and with many racial backgrounds. Newcomers who could not speak English found that their demonstrations of other world cooking or handicraft formed a bridge leading to an understanding of

## Language.

Homemakers' Clubs soon observed that a satisfactory community must provide for the health, education and recreation of its members - young and old. The realization of these needs led to the establishment of the various standing committees which guide the thinking of club members and to the many projects undertaken for community betterment. The list of such projects is impressive. It included arrangements for Clinics, contributions of cash and supplies to hospitals; establishment or supervision of rest rooms, community halls, skating rinks, recreational centres; cooperation with provincial and other agencies in planning for educational film showings, art exhibits and handicraft festivals; assuming responsibility for community libraries; encouraging young people's clubs by assuming leadership and by awarding prizes.

In many of these activities the Homemakers have been pioneers paving the way for today's more comprehensive health programs, for horticultural and agricultural societies and for the popular community centres.

The two World Wars, which took members of Homemakers' families to all parts of the globe, enlarged the horizons of their communities and to the victims of war's devastation has been given generously through the Red Cross and through the various relief funds. After both wars there were refugees and widows' brides to be welcomed and integrated into the community.

Following the first World War, in 1919, representatives of Saskatchewan Homemakers' Clubs and those of Women's Institutes from the other provinces met in Winnipeg and organized the Federated Women's Institutes of Canada. Saskatchewan was hostess to the F.W.I.C. Grand in 1929 and again in 1942. Two F.W.I.C. presidents have been chosen from Saskatchewan; namely, Mrs. W. F. Cameron of Regina, who held the office

from 1929 to 1933 and Mrs J. W. Adams of E. Melton, the present president, who was elected in 1933. Other Saskatchewan Homemakers have held other offices and have convened various committees of the Prov. C. throughout the years.

When the International Council of Women met in Stockholm in 1933, representatives of rural women's organizations from many parts of the world were there and established the Associated Country Women of the World. Saskatchewan Homemakers have belonged to the I.C.W.W. ever since it was organized and have sent representatives to all its international conferences: Washington, D.C. in 1936, London, Eng., in 1939, Amsterdam in 1947, Copenhagen in 1950, Toronto in 1953.

Speaking of Saskatchewan Homemakers' Clubs during the Depression years we might well use Churchill's famous words, "This was their finest hour." New clubs were organized, membership grew, new community services were maintained and expanded, new extension projects such as Youth Training Council, Aircraft Club and Summer School classes were promoted.

When the provincial organization of clubs was set up the University helped to pay expenses of delegates and speakers attending the annual provincial convention. During the combined depression period financial assistance from the University gradually ceased. In 1936, the Clubs paid all their convention expenses. Since that time they have gradually assumed an increasing responsibility for maintenance and promotion of club work. Table 95 - annual statement reported the expenditure of nearly \$500.

Depression conditions in the Prairie caused many families to move from the drought stricken areas to more fertile parts of the province. Here, again, there was pioneering and women who had worked with the Homemakers elsewhere established new clubs. In fact, some of the most progressive clubs in the province are flourishing there.

The first district conventions were held in 1931. At first there were only a few of these. Gradually the whole province has been organized. Some of the original large districts have been divided as the

number of their clubs increased. Now there are districts. In each of these a summer convention is held. District executives plan their own programmes. Some districts also hold fall rallies to plan their winter work and to make suggestions for their next convention. At the provincial convention there is a conference on district organization.

While always responding to local community needs, clubs have participated on many interesting competitions. For three years, beginning in 1936, the T. Eaton Co. offered prizes for essays on topics related to community betterment. Later, the same Company awarded prizes for plans for kitchen improvement to just a few number of clubs who entered excellent entries. More recently on the Better Housing Competition, sponsored by the Central Mortgage and Lending Corporation and the Provincial Department of Reconstruction, eight of the ten prizes were awarded to Home-makers' Clubs.

In 1942, Lady Innes-Kinross, widow of a former Governor-General of Canada donated 3 cups for competitions among Y. W. C. members. Two prizes winning entries from each province are submitted for the National Competition. In 1949, Highgate Home-makers' Club received a cup for its originally designed hooked rug, while Conquest was placed second for its community history and later third for its essay, in 1951 Conquest received a cup for its rug, and Milton one for its community history; in 1952 Conquest was awarded a cup for the quilt, designed and made by its members.

Many Home-makers' Clubs have devoted much time and study in compiling community histories, thus doing a pioneer job that should inspire others.

Different Provincial Commissions have asked the Home-makers' Clubs to submit briefs on Education, Social Reform, Health Services, Unemployment, Agriculture and Rural Life.

The Clubs are represented on the Provincial Education Board, the Health Services Planning Commission, Saskatchewan Educational Council, the Provincial Advisory Council of Agricultural Representatives, the Council on Saskatchewan Farm Electrification, the Saskatchewan Council on Public Affairs, Provincial Affairs

### Council

Believing that much benefit can result from cooperating wherever possible with like-minded groups, Ashkatchewan Homemakers' Clubs maintain affiliations with the Saskatchewan Provincial Council of Women, the Canadian Welfare Council, the Canadian Association for Adult Education, the United Nations Association in Canada and the Canadian Association of Consumers.

Mrs. Raymond Sayre of Gokworth Iowa, who was the president of the Associated Countrywomen of the World from 1947 to 1953 often advised women's organizations in these words. Begin where you are with what you have. Homemakers' Clubs have conscientiously followed this policy and from their modest beginning have progressed all they can look back over a worthy record of achievement and can look forward to work any on the problems that lie ahead.

Bertha C. Cramer

Chester, Nova Scotia



## "The Rural Home"

Our home, a low-roofed house stands just back from the road, in a sheltered corner of our 160 acre farm.

After two years of homesteading in a sod shack, that leaked more with every rain, my future husband decided to build a lumber house 16'x20', with a shingle roof, - quite roomy for a bachelor.

There were two rooms, plastered & painted with light green woodwork, & light yellow floors, with two large windows on the south, a window each on the north & east, & a south door.

This was the home to which I came as a bride in 1912. As our furniture consisted only of a small stove, a table & four chairs, & a bed with a real Asler moor mattress, arranging the furniture

was no problem. With long muslin curtains at the windows, a few cushions & a home made settee, we were quite cozy. Later, with the cream colorator two cribs, & a parlor organ, the need for more room was urgent.

In 1914 a living room was added to the west, making our house now 16' by 34' 6". This room was plastered also. Just two days before Xmas I spent hectic hours scrubbing plaster off the floor, & unpacking the new furniture ready for the Christmas Party. Our new oak table was round & extended to about ten feet, to seat a dozen & always room for one more. It had five sturdy legs & was strong enough to stand on to paint the ceiling. There were six leather seated chairs to match.

That winter, indoors, we made cement chimney blocks, for the new chimney. What fun the toddlers had with spoons & toy dishes playing in the sand & gravel.

By the year 1925 our family was four girls + two boys. Then more bedrooms were necessary. Two rooms + an inside porch were added along the north. The roof was extended upwards to allow for two large bedrooms in the attic.

Now our house was 26' x 34', one + a half storeys high, with double windows upstairs east + west, giving lovely views, + with ample room for all. Finally we had five girls + four boys. We could have a square dance, a hockey match, or a game of baseball according to the season.

The Living Room holds many happy memories. The Xmas Tree in the corner all trimmed + laden with gifts, many homemade, for everyone from Great Grandma to the smallest one. The Lilac Time Wedding - held on the Bude's birthday. Lilacs in the Rain - + how they did drip. Our Twentieth Anniversary, when Daddy + I were packed off to church. On our return



we were welcomed by relatives + family. I had planned cold roast beef for supper, but we sat down to a Turkey Supper, cooked in our absence by the girls. On the table was their gift to us a lovely Bridal Wreath dinner set, my first set of dishes.

Around this same table, we gather for a game of cards, with family + friends, on winter evenings. At tea time we stop here for a brief rest, + chat, + sometimes a neighbor drops in.

During the summer the W.A., and Homemakers have a meeting here. That day the living room really gets a shine!

On the buff colored walls hang two large pictures, by the Canadian artist Arthur J. Elsley, "Home Again" and "Mother's Treasures". Maybe they are too large + old-fashioned, but we all love them. "Apple Blossom Time", a pretty jigsaw puzzle framed, shows an orchard in full bloom, + a farmer plowing

with oxen. This has always pictured to us, Daddy, with Buck + Bill breaking this prairie homestead. With these pictures on the wall, are two wood carvings, gift of an uncle's handiwork. A pencil sketch drawn by grandfather in 1862 of St Albans Church, Derby stands on the piano. On the well-filled bookcase stands a marble clock, a prize for decorated bicycle, when I, three years old, dressed as Britannia rode on my father's bicycle, seated under a golden canopy, at Queen Victoria's Diamond Jubilee in Southwell Eng.

The fumed oak davenport, well covered with a black fur robe, has stood the wear of thirty years. I still see a ten year old boy, spelling book on knee, hugging a cushion as Foster itewill's voice came over the air. He shoots - he scores, + up to the ceiling went the cushion, with every Maple Leaf goal.



"THE HOMESTEADER"

In tense moments he hugged it tight. Whether spelling was correct I do not remember, but now he works on a newspaper & enjoys coaching a Junior Hockey team.

Our first radio was a two tubed set with four sets of ear-phones & their resultant tangle of cords. How that set would crackle & bark, whenever Mother sat in line with the Magnetic Pole or something. It was a remarkable set. Once it relayed to us a neighbor's telephone conversation on our party-line. Later this was replaced by a mantel model. Then Daddy & I could listen in quiet comfort whilst the young folk did their homework, or romped & danced to the Victrola in the kitchen.

A partition was removed from the original house & now we have a large 16' x 20' kitchen, dining room. An extra front window gives us three large south windows. These give plenty

of sunshine + light for Mother's ever-expanding array of geraniums + other houseplants - + in the spring tomato plants also. The view from these windows is a lovely one, of distant Eagle + Battle River Hills + westward to the Blue Hill. They ever remind me, of the favorite Psalm - "Unto the Hills Around Do I Lift Up My Longing Eyes." Beneath the windows is a low seat - where the little ones love to sit + gaze across the yard, + watch the school children go to + fro. Now two little grandchildren's faces greet me through them.

The kitchen has not been too large for the various activities of a growing family. Little ones played safely at the East end, under Mother's watchful eyes, whilst she worked at the daily tasks, cooking, sewing and mending.

A large table occupies the centre,

of the kitchen. Here meals are served & most of the work done. As our food consists mainly of home products this is a busy spot. Bread & Cake making butter & Cheese making, meat curing & sausage making are all done here along with canning & preserving.

Cupboards are built along the north side of the kitchen. These hold the dishes & groceries. There is a door at each side of the cupboards, one leading into the back porch, in which are the stairs & cellar steps, the other into a child's bedroom.

Pantry shelves in the back porch it having a North door keep foods cool. The cream separator, milk & water trails are kept there. The ice house is a help - but a refrigerator or Deep-Freeze would be grand, <sup>would</sup> should the Power Line extend this way.

A Home Lighting Plant has replaced the Aladdin & gas lamps, & also

gives power for the washer & iron, making labor lighter on wash day.

During the summer, rain water is piped to the sink, from an elevated tank outside. A cistern would be an improvement & ensure an all year supply.

We have not a basement. I think a Utility Room is more practical. It saves steps & is safer for young children. Our present cellar is very good for the storage of vegetables & canned goods. An oil-burner has taken the place of two Quebec heaters. Improvements that I would like, are, a bathroom, a south dormer window, a front glassed in porch - & modern cupboards, with built in sink & floor drainage.

To the north off the living room is our bedroom - a nice airy room with west & north windows.

There is plenty of space for bedroom furniture, the crib, & a large clothes cupboard. Far enough from the noise of the kitchen, this is a restful spot.

The walls are insulated & lined with wall board then papered for variety & cheerfulness.

Our home was built entirely by my husband, with my help as critic - handy man & back seat driver. The earlier building had to be raised & a cement foundation poured under. Of course the Minister & his wife called that day, as I was helping to adjust the jacks under the building. I gracefully? crawled out backwards from some where to greet them. Many a good laugh we have had about it since. One winter we spent laying a maple floor in the living room. With the help of four small children we matched, hammered,



scraped & varnished. We truly spent that winter with our children! The floor has stood the wear & tear down through the years really well. Needless to state the other floors are covered with linoleum. A split board in the ceiling, tells of where Mother put her foot through, whilst walking the rafters, board in hand. No amount of paint has hidden the damage.

For several years Mother ran the binder at harvest time, her wages being such things a set of aluminium & a new range in 1917. Incidentally this Old Homestead Range stood in the same north west corner until this year, when it was replaced by an up to date model. A Pressure Cooker has been added to the cooking utensils, & is a great time & fuel saver.

We also kept a few hives of bees with honey to extract each fall. If you think that jelly-making is a sticky process - just try extracting honey in your kitchen with half a dozen juvenile helpers each equipped with a turpoon & a spare forefinger. Even a Tuffy Pull cannot compete!

The outer walls of the house are cover with vines, Virginia Creeper & Clematis, up to the eaves. Last summer, during vacation the two Teen-agers repainted the outside - cream & green, & really brightened things up. They did a very good job too. at Two-fifty a wall.

Shelter belts & shrubbery & ever greens now surround both house & gardens. Being enthusiastic gardeners, we enjoyed adding to our plantings each year.

Many cares + worries were away as we weeded, worked + wandered about in our garden. We have always had vegetables + small fruits in abundance, to keep us in good health. Each succeeding year the Lilac + Honeysuckle brighten early summer days along with perennials here + there.

A fence close around the house enables me to have shrubs and flowers beside the door + all around. In the years of drought the Hollyhocks first began to bloom. Their pink bonnets + the blue delphinium nodded with the breeze to greet + cheer us as we went in + out. Our smallest girl loved to go + talk to the flowers each morning, so for a few minutes we would wander + chat with Baby Blue Eyes, Granny's Bonnets + Pat's Pansies, admiring each

A native bluff shelters to the north & west. Here a shady path winds through to the windmill. Birds come to nest more & more each year. Their songs fill the air from morn till night, Spring till Fall. A few of the older trees have died, & a younger generation has taken their places. So with us.

All of our children except the two youngest are married & in homes of their own. One married son & family share our home. They have three rooms & we three sweet rooms.

Ups & downs, clouds & sunshine joy & sorrow the years have brought

Here five of our children were born. Death called only once, & took our Daddy early one morning as he slept. He left us quietly & peacefully as he had lived.

Our home is not an architectural masterpiece but memories & character are built in every room.

With the years it grows dearer & dearer.

Wm Frederic Taylor

## From Pioneer Hospitality to Jubilee Celebrations

When Saskatchewan pioneers first made the long trek across the prairies to their new homesteads they stopped at the isolated homes along the way for food and shelter. Western hospitality, originating with these earliest settlers, became a tradition, and the Saskatchewan Homemakers who have done much through their local histories to preserve the traditions of the west, have chosen to publish the Saskatchewan Jubilee Cook Book as a tribute to the hospitality of Saskatchewan pioneers.

The history of the west would not be complete without a record of the young men who, never having done any cooking until their homesteading days, learned in their solitary shacks, to make flapjacks and baking powder biscuits, the

latter often being cooked on the hot stone lids. The staple groceries for every homesteader were flour, dried beans, prunes, corn syrup and perhaps canned milk. This diet, supplemented with eggs and salt pork was reasonably adequate nutritionally except for vitamins, but the early pioneers were not concerned about nutrition and they were so full of light-hearted optimism, that "prunes" became "C.P.R. strawberries" in their colorful vocabulary.

Not all of the pioneers were bachelors; some of the men were accompanied by their womenfolk and these courageous women baked bread for all their unmarried neighbors. A few of the earliest cooks used the salt rising method for making bread but they soon learned about using hops to make "Starter" which kept from week to week. When the cheap and reliable Royal Astrac Cakes



"BREAKING THE LAND"

appeared on the market homemakers were released from the uncertainties of using homemade bread starter and for many years the yeast cakes, first round and later square were used in every home. Royal Yeast Cakes have now been replaced by envelopes of granulated yeast and the recipes in the Jubilee Cook Book recognize this latest development.

Since the Jubilee Cook Book has been compiled from recipes which the Saskatchewan Homemakers are actually using in 1955 it is not surprising to find ingredients called for such as pineapple bit-bits, potato chips, salad oil and commercial pectin. Such recipes as Stuffed Green Peppers, Chocolate Marshmallow Cookies and Tuna Fish Casserole reflect the influence of modern advertisers and the universal availability of ingredients prepared by modern food



technologists. Nevertheless one notes that these modern recipes are outnumbered by those of an earlier date. Such recipes as Bread and Butter Pickles, Steamed Carrot Pudding and Shepherd's Pie may have come from the cook books of the grandmothers of Saskatchewan pioneers. These same grandmothers may have compiled the recipes for using rhubarb, that versatile fruit which was brought west by the first settlers and has been the homemaker's standby through all the intervening years.

Ingredients native to this province appear in many of the recipes for during the past seventy-five years. Saskatchewan cooks have developed their own techniques for using the native fruits and game. Saskatoon Pie is perhaps the best known example of these indigenous recipes but the recipes for Saskatoon and choke cherry Jelly, Blueberry and Wild Strawberry Jam, Roast Antelope and Elk will probably be

familiar to many of those who homesteaded in the west.

High quality foods produced in abundance in Saskatchewan in 1955 include flour, beef, pork, eggs, milk, butter and honey. Western homemakers expect the very best quality in all these foods. Most of the flour produced in Saskatchewan is patent or general-purpose flour and recipes in the Jubilee Cook Book use this flour unless they specifically state "pastry", "cake", "whole wheat" or other flours. General purpose flour, milled from Saskatchewan wheat has a high gluten content and therefore it is excellent for making bread and buns. It is also preferable to pastry or cake flour for making baking powder biscuits, cream puffs and popovers. Some cooks may prefer the pastry or cake flours, which are milled from soft wheats for making pies or cakes but many of the best cooks in the west will

always prefer to use Saskatchewan general-purpose flour for all their baking.

The Jubilee year offers many opportunities to prove again that food is an important part of any celebration. At community gatherings in 1955 there will be stacks of sandwiches, salmon, egg, cheese and meat being the perennial favorites. There will be boilers full of coffee dispensed by the menfolk from large enamel coffee pots or pitchers into heavy cracking cups. Finally there will be cardboard boxes of cookies and tarts and large flat baking pans of light and dark cake covered with white or chocolate icing and decorated with coconut or chopped nuts, everyone helping themselves to a ready-cut slice with the aid of a knife or the handle of a spoon; such has been the lunch pattern at school house dances and Christmas concerts in Saskatchewan for many years.

At community picnics long tables

may be set up but more often the crowds will divide into family and neighborhood groups. Plates and forks will be passed to be followed by bowls of salad, jars of home canned chicken and home-made buns and then flaky apple or raisin pie and layer cakes so luscious with icing and filling that they have to be eaten with a fork.

At Homemakers meetings and other gatherings of ladies, dainty sandwiches and fancy small cakes of many kinds will be supplemented with plates of sliced fruit and nut breads, generously buttered.

Much of the Jubilee entertaining will centre round the family dining tables where menus may include platters of roast chicken, turkey, beef or pork flanked by home grown vegetables, homemade pickles and salads. The freezer or the preserve

shelves in the cellar may provide home grown berries for a shortcake, or the dessert at these festive meals may be pie filled with Saskatchewan grown fruit or hot biscuits served with Saskatchewan honey. These dishes have become familiar to residents of the western prairie because they have been served and enjoyed over and over again. There could be no better tribute to the pioneers than to recognize their well-earned reputation for hospitality by putting on record the present day Saskatchewan cuisine. This is what the Saskatchewan Homemakers have tried to do in their Jubilee Cook Book.

Edith C. Rowlee  
 College of Home Economics  
 University of Saskatchewan

## By Way of Explanation

This cookbook was undertaken by the Saskatchewan Homemakers Clubs to honour pioneer women on this Jubilee year of 1955. In February 1954, when work on the book was started, there were 330 Homemakers' Clubs with a membership of approximately 5255 women. For purposes of administration and greater efficiency the province is divided into Homemakers' districts. In organizing "From Saskatchewan Homemakers' Kitchens" each district was assigned a type of recipe. These were as follows:

Assiniboia	-	Salads (vegetable and meat)
Gruchy	-	Salad dressings
Blackley	-	Meat desserts
Carlyle	-	Pies, tarts and pastry
Carrot River	-	Quick breads
Dawson	-	yeast bread
Elton	-	Vegetables, cooked
Gowan	-	Supper dishes
Greater Prosperity	-	Jams, jellies, Wild Fruits
Lull Lake	-	Pickles, relishes, sauces
Harwarden	-	Soups and meat sauces
Kendreway	-	Wild fowl and game
Mackenzie	-	yeast bread

Mare Kilders	Soups
Nepawun	Game, geese, wild fruits
North Battleford	Desserts, batter type
Omega	- Cakes
Pipestone Valley	- Cakes and small cakes
Prince Albert	- Meat and meat dishes.
Quill Plains	- Meat and left-overs
Regina	- Moose Jaw Cakes
Roburhead	- Fish and game
Shamavon	- Supper dishes
Soo Line	- Salads
Swarthmore	- Sandwiches
Swift Current	- Candy
Yorkton	- Pastry and dressings

Recipes from one district were kept together as much as possible, but for greater continuity of the cookbook, some individual recipes had to be changed to a different section.

All recipes were kitchen tested. Writing or printing was done by the different clubs. Many people assisted with the sketches.  
- The Publishers.



"GOPHER"

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ILLUSTRATIONS BY. A. W. DAVEY.



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ILLUSTRATED BY    MONA DREHES

# SOUPS



## Scotch Broth

2 lbs. lamb or mutton  
(neck or shank)  
 $\frac{1}{2}$  cup pearl barley  
 4 tbsp butter  
 $\frac{1}{4}$  cup diced carrots  
 $\frac{1}{2}$  cup chopped celery  
 $\frac{1}{2}$  cup chopped turnip  
 2 onions, chopped  
 2 tbsp flour  
 pepper and salt



Have the bone cracked and put meat to cook in two quarts of water. Bring to a boil; add barley which has soaked all night in cold water. Simmer for about two hours until meat is tender. Add vegetables and seasonings - continue cooking until the meat is very tender. Just before serving, thicken with the butter and flour rubbed to a paste.



Dillalaugh - Shady Lane

## Vegetable Soup

3 to 4 lb Soup bone.      2 Med Carrots Shredded.  
 2 qts cold water      ½ C. Turnip Shredded.  
 1 Onion chopped      2. Med. Potatoes diced.  
 ½ C pot barley.      Salt & Pepper to taste.  
 1 C diced celery or some leaves.  
 2 C. canned Tomatoes.

Method.- Cut part of the meat from bone and brown in pan. Place meat and bone in a kettle, add cold water, salt, onion and pot barley. Bring to point of boiling and simmer for 2 hrs. Add rest of the vegetables and simmer for 1 hr. more. This soup is very good when cooled and reheated also may be canned in larger quantities.

The above recipe makes about 4 qts of soup.



Greenview Homemakers  
 Carleton Place, Sask.

# Cream of Onion Soup

Melt..... 5 tablespoons butter in  
2 qt. saucepan.

Add..... 1 cup thinly sliced or  
chopped onion and  
simmer till soft.

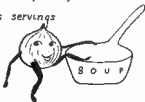
Blend in.. 4 tablespoons flour.

Add . 4 cups milk, stirring till  
thickened. Do not boil.

Stir in..  $1\frac{1}{4}$  teas. salt  
dash pepper  
 $\frac{1}{4}$  cup grated cheese (optional)

Sprinkle with chives or parsley ; serve

5 generous servings



Carragana Homemakers' Club

# Celery Soup.

1½ cups of chopped celery,  
stalks and leaves.

¼ cup rice.

1 small onion

1½ teaspoon salt.

⅓ teaspoon pepper

3½ cups cold water.

Method

Boil until thick -

for about 20 minutes, or until  
rice is cooked. Add 1½ cups  
of milk and 1 tablespoon of  
Butter. Heat until butter is  
melted } and Serve

DO NOT BOIL



Prairie River.



# Cream of Tomato Soup

- 2 cups of tomatoes or tomato juice  
 2 slices of onion  
 2 teaspoons .. sugar,  
 4 tablespoons .. butter  
 4 tablespoons .. flour  
 4 cups of milk.



Salt and pepper to taste.

Method —,

Melt butter, blend in flour  
 Add cold tomatoes (strained  
 if desired) or tomato juice, onions  
 sugar and milk. Heat together  
 until soup thickens.

stirring constantly.

Season with salt and pepper

Remove onion and serve at once.

Serves six.

High-Tov, Homemakers Club.



# YEAST BREADS



## Whole Wheat Bread (2 loaves)

Dissolve 1 package granulated quick rising yeast and 1 teaspoon white sugar in  $\frac{1}{2}$  cup warm water and let it stand 10 minutes.

Add:  $1\frac{3}{4}$  cups warm water.

$\frac{1}{3}$  cup white sugar.

4. tablespoons shortening.

1. teaspoon salt.

1 egg and 1 yolk or 3 yolks.

$\frac{1}{2}$  cup powdered skim milk mixed with the flour.

Mix into dough with equal quantities of white and whole wheat flour, about  $3\frac{1}{2}$  cups of each. You may use more brown flour than white. Let rise and knead down.

After second rising shape into loaves. Allow to rise until has then double in bulk and bake 1 hour.

Be sure it does not over rise or it will be coarse and dry.



ENDOSPERM

BRAN

CRAIK.

# Rye Bread

1 pkg dry yeast

1 tbsp. sugar

$\frac{1}{2}$  cup lukewarm water

Sprinkle the dry yeast into a solution of  $\frac{1}{2}$  cup lukewarm water and 1 tbsp sugar. Let stand 10 minutes. After add add to the following

2 cups lukewarm potato water

1 cup milk, scalded

$\frac{1}{2}$  cup shortening (added to hot milk)

1 tbsp. molasses

1 tbsp. salt

2 cups rye flour

5 cups white flour (or enough to make a stiff dough)

Knead in the bowl. Let rise until double in bulk and punch down. Let rise again and shape into loaves. When double in size bake in oven at 400°F for 15 minutes. Then gradually reduce oven temperature to 350°F.

Sturgis



# Fruit Bread

1 cup milk  
 1 cup cold water  
 1 package granulated yeast  
 4 tablespoons sugar  
 2 tablespoons soft shortening  
 5½ cups sifted flour  
 2 teaspoons salt  
 1 teaspoon grated orange rind  
 1 cup washed raisins  
 ½ cup peel  
 ¼ cup marachino cherries



Scald milk, add cold water. Measure ½ cup liquid into a small bowl. Test for lukewarm. Stir in 1 teaspoon sugar. Sprinkle yeast on surface of the water. Let stand 20 minutes then stir.

Add salt, sugar and orange rind to balance of the liquid. Let stand, keeping at lukewarm.

Sift flour and measure into large mixing bowl. Prepare fruits, drain well and add to the flour. Make a well in the centre of the flour mixture add shortening and liquid all at once. Stir with a spoon until mixed, then knead 5 minutes.

Let rise until double in bulk. Knead, let rise again 10 to 15 minutes.

Make 3 loaves of bread or 3 dozen small buns. Let rise until light. Bake in moderate oven 350° until done.

-Togo

# Chesse Bread

- 2 cups liquid (water, milk or <sup>potato water</sup>)  
 1 cake compressed yeast or  
 1 tbs. fast rising dry yeast  
 1 tbs. sugar  
 1 tbs. salt  
 6 cups sifted all purpose flour  
 3 tbs. shortening, melted  
 2 cups grated chesse

Scald liquid, then cool to lukewarm. Dissolve yeast in  $\frac{1}{4}$  cup of lukewarm liquid. Dissolve sugar and salt in remaining liquid and add to yeast mixture. Add  $1\frac{1}{2}$  cups flour, beat well and add melted but not hot fat, blending thoroughly. Add remaining flour mixed with chesse making a stiff dough. Press on a floured board and knead well. Place in a large greased bowl and let rise until double in bulk. Knead slightly, shape into loaves, cover and let in a warm place to rise until double in bulk. Bake in a moderate oven (375°F) about 1 hour. Yield 2 -  $1\frac{1}{2}$  lb loaves.

United Mills - Hanley



## Honey Wholewheat Buns

Scald - 1 c milk,  $2\frac{1}{2}$  tbsp. sugar

$2\frac{1}{2}$  tsp salt, 4 tbsp. shortening.

$2\frac{1}{2}$  tbsp. honey - Cool to lukewarm

Measure into large bowl  $2\frac{1}{2}$  c. luke

warm water, 1 tsp sugar stir well

and sprinkle over it 1 envelope quick

yeast. Let stand 10 minutes. Stir well

and combine, adding  $\frac{1}{2}$  c. lukewarm

water. Stir in 3 c. wholewheat flour

Beat. Add 3 c sifted bread flour

Knead well, put in a greased bowl

and knead again when double in

bulk. Shape into buns, let rise.

Bake in hot oven ( $400^{\circ}$ ) about 12

mins. Remove from pan, brush tops

with liquid honey, sprinkle with

sugar (may be colored) Makes

approx. 24 buns

Hanley Homemakers.



## Butterhorns.

1 pkg of yeast	1 cup milk
1 tsp sugar	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup lukewarm water	2 eggs
4 tbsp butter	$4\frac{1}{2}$ cups flour
4 tbsp shortening	$\frac{1}{2}$ tsp salt

Dissolve the 1 tsp of sugar in the  $\frac{1}{2}$  cup water, sprinkle in the yeast and let rise. Scald the milk, add the  $\frac{1}{2}$  cup sugar, the butter, shortening and salt let cool until lukewarm. Beat eggs in a large mixing bowl and add the milk mixture and the yeast. Add about 2 cups of flour and beat until smooth. Add the remaining flour and mix or knead well. Let rise until double in bulk.

Turn onto floured board and divide the dough. Roll each half the size of a large dinner plate. Spread with melted butter and cut in 16 pie wedges starting at wide edge, roll up. Place on greased pans and let rise until light. Bake at  $375^{\circ}$  until delicately brown (10 minutes)

Yield - 32 rolls



Pennance Homemakers

# QUICK BUNS

1 CUP MILK  
 $\frac{1}{2}$  CUP WATER  
 1 PACKAGE FAST-RISING YEAST  
 2 TABLESPOONS LARD  
 3 TABLESPOONS SUGAR  
 $\frac{1}{2}$  TEASPOON SALT  
 1 EGG  
 4 CUPS FLOUR

DISSOLVE YEAST AND 1 TEASPOON SUGAR IN  $\frac{1}{2}$  CUP WARM WATER, FOLLOWING THE DIRECTIONS ON THE PACKAGE. LET STAND 10 MINUTES. SCALD MILK AND COOL. BEAT EGG. ADD YEAST AND COOLED MILK AND LARD.

SIFT FLOUR AND SALT INTO A BOWL. ADD SUGAR AND MIX. ADD LIQUID AND MIX WELL.

PLACE IN A GREASED BOWL AND LET RISE. COVER TIGHTLY WITH GREASED WAX PAPER TO PREVENT THE FORMATION OF A CRUST. SHAPE BUNS AS DESIRED AND LET RISE AGAIN.

BAKE AT 350° FOR 20-30 MINUTES OR UNTIL DONE.

KENASTON





## Hot Cross Buns

### Ingredients.



2 pkts yeast  
 1 tbsp. sugar  
 1 c milk - scalded and  
 cooled to lukewarm  
 6 to 7 c. flour  
 6 tbsp. shortening  
 ½ c. sugar  
 3 eggs  
 ½ c raisins  
 ⅓ c mixed peel (chopped)  
 1 tbsp cinnamon  
 1½ tsp salt  
 1 cup lukewarm water

**Method:** Combine milk, water, and  
 1 tbsp sugar. Add yeast let stand  
 10 min. Add 3 c sifted flour Beat  
 until smooth. Add raisins and peel.  
 Cream shortening, add sugar, and eggs  
 one at a time, beating thoroughly  
 after each addition. Add this mixture  
 to the dough. Sift remainder of  
 flour with salt and cinnamon and add  
 to dough. Turn out on floured board  
 and knead lightly for a minute or  
 so. Place in greased bowl. Brush  
 surface of dough with melted fat.  
 Cover and set in warm place until

16.

light (About 2 hours). Punch down and let rest for 10 min. Form into round buns about  $2\frac{1}{2}$ " in diameter. Place on greased baking sheets, cover with a cloth, and allow to stand in warm place until doubled in bulk. Make a cross on top of each bun by snipping with scissors. Brush surface with a glaze made of 1 egg yolk and 2 tbsp. water. Bake in moderately hot oven ( $400^{\circ}$  F.) for 15 - 20 min.

Chatham Homemakers' Club  
Kenaston



## Buns

9 cups flour

$\frac{1}{2}$  cups water

1 cup milk

2 pkgs yeast

3 tsp salt

6 tbsps sugar

4 tbsps shortening

2 eggs, well beaten

### Method

Sift and measure flour. Scald milk, add cold water. When milk is lukewarm dissolve yeast in  $\frac{1}{2}$  cup, add yeast and other ingredients to liquid. Pour into flour and stir until liquid disappears. Mix the dough by hand to a firm ball and knead about 5 minutes. Place in greased bowl, cover, and let raise until double. Punch down; repeat rising, punch down. Put on greased pan in desired shape and let rise. Bake in oven  $375^{\circ}\text{F}$  for 20 minutes.



Blodworth Homemakers' Club

TWIRLED BRIOCHES

$\frac{1}{2}$ cup milk	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ cup butter	3 eggs, well beaten
$\frac{1}{4}$ cup sugar	$2\frac{1}{2}$ cups flour
$\frac{3}{4}$ tsp salt	$\frac{1}{4}$ tsp grated
1 pkg dry yeast	lemon rind



Scald milk, stir in butter, sugar, salt, cool to lukewarm. Sprinkle yeast into water in large bowl, stir to dissolve. Add lukewarm milk mixture and beaten eggs, mix well. Stir flour, measure, add  $1\frac{1}{2}$  cups and beat well. Add remaining flour and lemon rind, beat to smooth, heavy batter. Cover with towel, let rise in warm place for 2 hrs. Stir down, cover tightly, chill at least five hrs. Stir down again. Place dough on lightly floured board, knead. Cut off 3 small pieces of dough, roll to about  $\frac{1}{2}$  in in diameter, and about 10 ins long. On greased baking sheet, coil each in circle. Top with small ball of dough. Cover and let rise for  $\frac{1}{2}$  hr. Brush with egg yolk. Bake in hot oven (400°) for 15 min. Top with thin frosting while still warm. Yield. 12 to 18

Aylesbury Homemakers Club

## Buttermilk Rolls

- 1 pkge fast rising yeast
- $\frac{1}{2}$  cup lukewarm water
- $\frac{1}{2}$  cups buttermilk
- $\frac{1}{2}$  cup sugar
- 2 tsp salt
- $\frac{1}{4}$  cup melted shortening
- $\frac{1}{2}$  tsp soda
- 4  $\frac{1}{2}$  cups sifted flour



Dissolve yeast in lukewarm water with 1 tsp sugar, let stand 10 min. Scald buttermilk and add sugar, salt, shortening and soda. Cool to lukewarm, add yeast and stir well. Add flour to make a soft dough. Knead well and let rise, make into rolls brush with melted butter. Cover and let rise until double in bulk. Bake in a hot oven  $400^{\circ}\text{F}$  for 20 min. 2 doz rolls

Randall Homemakers Club

## Marmalade Twists

Ingredients

2 cups milk

1 pkg. Fleischman's yeast.

 $\frac{1}{2}$  cup sugar $6\frac{1}{2}$  cups sifted flour.

2 tsp. salt

2 eggs

 $\frac{1}{3}$  cup shortening $\frac{1}{2}$  cup marmaladeMethod

1. Scald milk; cool to lukewarm. Dissolve yeast.
2. Sift flour, add salt + sift again.
3. Beat eggs light, add with dissolved yeast to rest of liquid, add half the flour. Beat well.
4. Add melted shortening + marmalade, add rest of flour gradually. Beat well. Knead dough.
5. Place dough in a greased bowl; brush with melted butter. Cover. Let rise until doubled in bulk.
6. Knead down. Let rise again  $\frac{1}{2}$  hour. Roll dough  $\frac{1}{2}$  inch thick. Cut in strips 1 inch x 5 inches.
7. Twist and form into crescents. Let rise on baking sheet until light. Bake at  $375^{\circ}$ .

— "KANSASCK Homemakers Club" —

## Gold Water Buns

1 C warm water	1 C sugar
1 tsp. sugar	3 C cool water
1 pkg fast rising yeast	2 tsp. salt
1 C. lard (melted)	3 C flour (or more)

To 1 C. of warm water  
add 1 tsp. sugar and yeast.  
Let rise 10 minutes.

Using a large mixing  
bowl put in 2 C flour then  
add all other ingredients  
Add remaining flour to  
make a soft dough. Let it  
rise twice, kneading each  
time, and using melted  
lard on bowl and hands  
to keep them from sticking.  
Let it rise again, then make  
all dough into small buns.  
Let them rise two hours,  
covering with a tea towel  
and keeping them warm.

Bake 20 minutes in a  
moderate oven. (Yields 5 doz)



Stenen.

# Raised Doughnuts.

(Pump or small Poppy Seed Filling)

1 pkg. dry yeast      3 eggs.  
 $\frac{1}{2}$  c. water.       $\frac{1}{2}$  c. sugar  
 1 tsp. sugar.      1 tsp. vanilla  
 $1\frac{1}{2}$  c. milk      5 c. flour  
 $\frac{1}{4}$  c. butter.       $\frac{1}{2}$  tsp. salt



Dissolve yeast in  $\frac{1}{2}$  cup lukewarm water; add 1 tsp. sugar. Let stand 10 min. Heat milk and add butter to hot milk. Beat sugar, eggs, salt, vanilla and slowly add the hot milk, stirring well. Add the lukewarm then add yeast, flour and salt. Beat until very smooth. Let in a warm place to rise until light. Knead down twice. The dough is very soft. After third rising roll out on a floured board and cut into doughnuts. Let rise and fry in hot fat. (400°F)

For poppyseed doughnuts, take a piece of dough the size of an egg. Stretch it apart a bit and put in a tbsp. of the poppy seed filling. Roll over and pinch the edges together, flatten them, let rise and fry.

## Poppy Seed Filling.

$\frac{1}{2}$  lb. poppy seed.      2 tbsp. sugar.  
 5 tbsp. honey      Juice of  $\frac{1}{2}$  lemon.

Cover the seeds with boiling water and let stand over night. Drain, dry well and put through the food chopper. Mix with 2 tbsp. honey, sugar, and lemon juice. Beat for a few minutes, stirring constantly.

Polly.

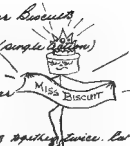


# QUICK BREADS



## Saking Powder Biscuits

- 2 c flour
- 4 tsp. baking powder (single action)
- 2 tsp white sugar
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp cream of tartar
- $\frac{1}{2}$  c. shortening
- $\frac{2}{3}$  c milk



Sift dry ingredients together twice. Put in shortening until mixture resembles coarse crumbs. Add milk all at once. Stir about twenty-five strokes. Turn out onto lightly floured board and pat to  $\frac{1}{2}$  inch thickness. Cut with floured cutter. Bake 12 to 15 minutes at 450 degrees.

For drop biscuits use 1 cup instead of  $\frac{2}{3}$  cup milk and drop in muffin tins. Recipe makes about three dozen biscuits.

Pearlman

## Nut Leaf



- 4 cups flour
- 1 cup sugar
- 2 tablespoons melted butter
- $\frac{1}{2}$  teaspoon salt
- 1 cup walnuts (broken)
- 1 cup raisins
- 1 egg
- 4 tablespoons baking powder
- 2 cups sweet milk

Sift together flour, baking powder and salt. Stir in sugar. Add fruit and nuts, mix well. Beat egg, add milk and melted butter. Add liquid ingredients all at once to flour mixture and stir only until blended. Let rise 30 minutes. Bake 350° for 1 hour.

"Hawwood" - Orchard

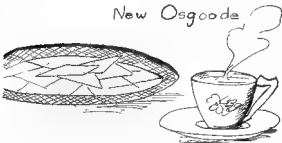
## Cream Scones

25.


2 cups Flour  
4 tps Baking Powder (single action)  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar  
2 beaten eggs  
 $\frac{1}{2}$  cup cream.

Sift flour and baking powder  
Work in the butter Add sugar  
and mix Add beaten eggs and cream  
Roll out dough on floured board,  
and cut in squares or any shape  
Bake in a hot oven of  $400^{\circ}$  for  
20 minutes Makes about two  
dozen scones

New Osgoode



# Blue Sea Biscuits

- 
- 2 cups sifted flour
  - 3 teaspoons baking powder
  - $\frac{1}{4}$  teaspoon salt.
  - 4. tablespoons shortening
  - $\frac{1}{2}$  cup grated nippy cheese
  - $\frac{3}{4}$  cup plus 2 tablespoons milk

Preheat oven to 450 degrees. Sift together flour, baking powder and salt into mixing bowl. Measure shortening, and add to dry ingredients.

Blend together until mixture is mealy. Make a well in centre and gradually add milk, stirring lightly until soft. Stop only until soft dough is formed.

Turn onto lightly floured board or flannel cloth and knead gently 10 seconds.

Gently roll out with floured rolling pin to one-half inch thickness. Cut out biscuits, place on ungreased baking sheet one inch apart.

Bake at 450 degrees for 12 to 15 minutes.

Yield: - 12 biscuits.

P. Larangan





Into 2 cups flour, sift 4 level teaspoons double action baking powder,  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  cup sugar, rub in  $\frac{1}{4}$  cup butter, add  $\frac{1}{2}$  cup milk to bind paste, dust flour on baking board, and rolling pin, roll out  $\frac{3}{4}$  in. cut in small three cornered pieces with sharp knife. Bake in oven 425 degree for 10 minutes. This makes 12 scones.

Pasqua Hill  
Mokanaw.



## Jam Buns.

4 cups flour

4 teaspoons baking powder.

$\frac{1}{2}$  teaspoon salt.

$\frac{1}{2}$  teaspoon soda

2 tablespoons sugar

$\frac{1}{2}$  cup shortening.

$\frac{1}{2}$  cup milk, 1 egg, 1 teaspoon vanilla

Mix dry ingredients, rub in shortening as for pastry. Then add moisture. Roll  $\frac{1}{4}$  inch thick, cut in squares to fit muffin tins.

Place a teaspoon of jam in centre, and bake in oven at 400°

New Market Homemakers  
Tisdale, Sask.

## Gran Muffins



2 cups flour (sifted)

2 teaspoons salt

1 1/2 teaspoons baking soda

1 teaspoon baking powder

1/2 cup sugar

2 cups bran

2 cups sour milk or buttermilk

1/2 cup molasses

1 beaten egg

2 Tablespoons melted shortening

1 cup raisins

Sift together flour, salt, soda, baking powder and sugar. Combine with bran. Combine sour milk, molasses, beaten egg and melted shortening. Add to dry ingredients, stirring only enough to dampen dry ingredients. Add raisins that have been floured. The addition of raisins is optional.

Fill greased pans two thirds full and bake in hot oven (425°F) for 20 min.

- Cordina, Arborfield

# Sour Cream Bran Muffins

2 eggs                      2 C sour cream  
 $\frac{1}{2}$  C sugar                2 C bran  
 1  $\frac{1}{4}$  C sifted white flour  
 2 tsp. baking powder (double action)  
 1 tsp. soda               $\frac{1}{2}$  tsp. salt  
 1 tsp. cinnamon  $\frac{1}{4}$  allspice

## Method:

Beat eggs in mixing bowl, add sugar  $\frac{1}{4}$  sour cream. Stir in the bran. Sift flour with soda, salt, spices  $\frac{1}{4}$  baking powder. Mix all together  $\frac{1}{4}$  drop in well-greased muffin pans. Bake in a moderate oven for 30 minutes.

Yield: 20 large muffins.  
 ... Breakfast.





## Blueberry Muffins

$1\frac{1}{2}$  cups flour       $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  teaspoon salt      2 well beaten eggs  
 $\frac{1}{2}$  teaspoons baking powder       $\frac{1}{4}$  cup melted  
 1. tablespoon sugar      shortening  
 $\frac{3}{4}$  cup blueberries

### Mixed

Sift dry ingredients, add fresh blueberries. Combine liquids, add all at once stir just enough to moisten dry ingredients, but not until batter is smooth. Batter will be lumpy.

Fill greased muffin tins  $\frac{2}{3}$  full. Bake in a hot oven ( $425^\circ$ ) for 25 minutes. Makes one dozen muffins.

P.S. Fresh saskatoons may be substituted for blueberries with equally good results.



## Johnny Cake

1 cup flour  
 2½ tsp. baking powder  
 ½ tsp. salt  
 ½ tsp. soda  
 ½ cup cornmeal  
 1 egg  
 ¾ cup milk  
 ¼ cup molasses  
 ¼ cup melted butter

Mix and sift dry ingredients. Mix in the cornmeal. Beat the egg, add the milk, molasses and melted shortening. Stir in dry ingredients. Bake in greased muffin tins (¾ full) at 400° for 15-20 minutes.

- Eldersley



## Everyday Waffles

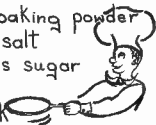
1 ¾ cups all-purpose flour  
 ½ tsp. salt  
 3 tsp. baking powder  
 2 beaten egg yolks  
 1 ¼ cups milk  
 ½ cup melted shortening  
 2 stiffbeaten egg whites.

Sift dry ingredients. Combine egg yolks, milk, and shortening. Stir into dry ingredients. Fold in egg whites. Bake in hot waffle iron. When steam no longer appears, waffle is done. Don't raise cover during baking. Makes 9 waffles.

- Eldersley Valley

# Sweet Milk Pancakes

- 1½ cups flour (O),
- 3 Teaspoons baking powder
- ½ teaspoon salt
- 3 Tablespoons sugar
- 2 eggs
- 1½ cups milk
- 3 Tablespoons melted butter
- ¼ teaspoon vanilla



Mix and sift dry ingredients. Beat egg yolks thoroughly. Add milk. Make a well in centre of dry ingredients. Slowly add milk and egg mixture. Stir only enough to dampen dry ingredients. Add melted butter and flavoring. Lastly fold in well beaten egg whites.

-Maple Leaf Club-Ridgedale.

# Pancakes

with sour milk

2 cups sifted flour

2 tsp. Baking powder.

$\frac{1}{2}$  tsp. Salt  $\frac{1}{2}$  tsp. soda

1 tbsp. Sugar

2 eggs. 2 Tbsp. melted butter

2 cups sour milk.

METHOD. Sift flour, measure, and add salt, soda, sugar and baking powder.

Beat eggs well and combine with milk and butter, and add to the dry mixture.

Drop by large spoonful onto hot griddle and turn only once while cooking.

NOTE. The griddle is hot when a few drops of water will dance on surface before disappearing.



Arpsville Homebake  
Valparaiso, Ind.

## Chelsea Buns



- 2 cups flour
- $4\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{3}$  cup shortening
- $\frac{1}{8}$  cup milk

Mix dry ingredients and cut in shortening. Stir in milk (Do not knead this dough.) Press the dough into a rectangular shape about  $\frac{1}{4}$  inch thick. Spread with butter and brown sugar. Roll as for a jelly roll.

Place chopped nuts and raisins and a sprinkling of brown sugar in well buttered muffin tins.

Cut roll into 1 inch slices and place on top of the mixture in the tins. Bake in hot oven ( $425^{\circ}$ - $450^{\circ}$ ) Invert when baked.

Arborfield Homemakers Club

Arborfield, Sask.

# POPOVERS

1 cup flour             $\frac{3}{8}$  cup milk  
 2 eggs                 $\frac{1}{2}$  tsp salt  
                           $\frac{1}{2}$  tsp melted butter

Mix salt and flour; add milk gradually and make a smooth batter. Beat the eggs until light and add. Add butter and beat for two mins. with egg beater. Turn into buttered hissing-hot muffin tins and bake for ten minutes in a hot oven ( $450^{\circ}\text{F}$ ), then 25-30 mins. in moderate oven ( $350^{\circ}\text{F}$ ) as they begin to brown.



Resource Homemakers



## HOLIDAY BREAD



- 1 cup white sugar
- 1 teaspoon salt
- 3 teaspoons baking powder  
(phosphate)
- 5 cups sifted all-purpose flour
- $\frac{3}{4}$  cup cut mixed peel
- 3 tablespoons shortening (butter)
- 1 egg
- 1 cup sweet milk
- $\frac{1}{2}$  cup cut glace cherries



## METHOD —

Sift flour, salt and baking powder, add sugar and mix well. Cut shortening in and stir in peel and cherries. Add beaten egg and milk. Mix thoroughly and put in to a well-greased loaf pan. Bake in a slow oven —  $325^{\circ}\text{F}$  for one hour.

VAUGHAN HOMEMAKERS  
MELFORT, SASK



# Orange Loaf



Rind of 2 oranges

1 cup water

2 Tbsp. butter

$\frac{1}{4}$  cup orange juice

1 egg, beaten

$1\frac{3}{4}$  cup sifted flour

2 tsp double acting baking powder

1 cup sugar

$\frac{1}{2}$  tsp. salt.

Cut orange rind in strips. Boil for 10 minutes in 1 cup water in covered saucepan. Add butter, sugar and orange juice. Cool.

Add egg, then flour, baking powder and salt - sifted together.

Bake in a moderate

oven (350°) for  
one hour.

— Melfort View



9x5x3 inches





## Cherry Bread

$\frac{1}{2}$  cup sugar                      2 cups flour  
 1 egg                               $\frac{1}{4}$  tsp salt  
 1 cup juice and milk         $\frac{1}{4}$  cup walnuts  
 1 small bottle cherries (red) 2 tsp baking pdr  
 1 or 2 drops of almond extract + red colour

Drain and thinly shred cherries.

To the juice add milk to make 1 cup  
 To this add colouring and extract.

Sift 3 times the flour, baking powder and salt. Blend the sugar and egg in a mixing bowl, add liquid and flour mixtures alternately, then the cherries and walnuts. Beat well.

Place in a buttered loaf pan, and let rise 20 minutes.

Bake in moderate oven, about 50 minutes, covering the pan at first for even rising.



Mossdale Homemakers.  
 Silver Park.

## Nut and Fruit Bread

1½ cups white flour

5 tbsp. baking powder single action

⅓ tsp. soda 1¼ cups of milk

1 tsp salt ¼ cup corn syrup

1½ cups graham flour

1 cup raisins ½ cup B. sugar

¾ lb. chopped walnuts

1 8oz. packet mixed fruits

Method:- Sift flour, salt, baking powder and soda into bowl. Mix in graham flour, raisins, fruits and nuts. Add milk to syrup and brown sugar. Mix thoroughly and add to dry ingredients. Grease tins (3 lb. baking powder tins or 4½ x 8½ x 3 loaf pans. Fill tins or pans ¾ full. Smooth tops and bake in moderate oven about 1 hour.

Gaston &amp; Garbow



## BRAZIL NUT CAKE.

- ✓
- 1 lb whole dates
  - 1 lb whole Brazil nuts
  - 1 C whole red cherries (pitted & skinned)
  - 3 eggs well beaten
  - $\frac{3}{4}$  C white sugar.
  - 1 teaspoon vanilla.
  - $\frac{3}{4}$  C flour.
  - $\frac{1}{2}$  teaspoon baking powder.
  - $\frac{1}{2}$  teaspoon salt

Put dry ingredients over the prepared fruit mix well. Add beaten eggs and vanilla mix until well-blended. Cook in 8"x8" pan at 300° for 1 hour and 45 minutes.



## Date Cheese Bread:

- 1 cup Dates, cut fine.
- $\frac{3}{4}$  cup boiling water.
- $1\frac{3}{4}$  cups flour.
- $\frac{1}{4}$  tsp. salt.
- 1 tsp. soda.
- $\frac{1}{2}$  cup sugar
- 1 egg.
- 1 cup grated cheese



### Method.

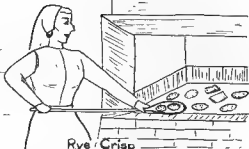
Pour water over dates, stir well and let cool. Sift flour, salt and soda, mix into dates. Then fold in beaten egg and cheese & mix well.

Pour into loaf tins. Let rise 15 minutes. Bake in a moderate oven ( $325^{\circ}$ ) for 45 minutes.

Remove from pan and let set until perfectly cold.

Before cutting.

Campbellville Homebake,  
Star City, Ark.



### Rye Crisp KNÄCKERBRÖD

1 qt. wheat flour,  
1 qt. coarse rye flour,  
1 tbsp. sugar,  
4 tbsp. butter or fat,  
water to make a smooth dough.

#### Method

Mix flour, sugar and butter,  
Add small amount water at a time,  
Roll thin, cut in cakes - prick with fork,  
Bake on top of stove, or on cookie  
sheet in bottom of a slow oven.

Hyas Homemakers,  
Hyas, Sask.



## Banana Bread

$\frac{1}{2}$  cup butter

1 cup sugar

2 well beaten eggs

1 cup mashed bananas

2 tablespoons sour milk or cream

1 teaspoon soda

$\frac{1}{2}$  teaspoon salt

2 cups all purpose flour

Cream butter and sugar, add eggs, beat well, then bananas and sour cream, add sifted flour, salt and soda. Pour into greased loaf pan. Bake in a moderate oven 1 hour.

Kaisberg Homemakers Club

# MEAT DISHES



## Barbecued Pork Chops

4 pork chops	Juice $\frac{1}{2}$ lemon
2 tbsp. fat	$\frac{1}{2}$ tsp. salt
3 tbsp. seasoned flour	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ c. chopped onion	$\frac{1}{2}$ tsp. dry mustard
$\frac{1}{4}$ c. diced celery	$\frac{1}{2}$ c. water
2 tbsp. brown sugar	1 c. tomato sauce

Method: Dredge four pork chops in seasoned flour and brown in 2. tbsp fat. Place in a shallow greased baking dish. Combine remaining ingredients and pour over chops. Cover and bake in moderate oven (350 F) for one hour. Baste once or twice during cooking.



Kylemore N.M.C.  
Kylemore.



## Stuffed Spare Ribs

Take 12-18 spare ribs.

Make stuffing of bread, onion, salt, pepper and savory.

Put dressing between the ribs and tie together. Then put the stuffed ribs in a roasting pan. Spread on thick canned tomato soup to which a little catsup or Worcestershire sauce has been added. Roast uncovered until tender and brown.



Invermay Homemakers

## Tenderloin Casserole



In well greased casserole

place 3 medium potatoes, thinly  
sliced, sprinkle with salt and  
pepper, nearly cover with milk.  
Over this place a dressing of:

1 cup moistened bread crumbs

1 small chopped onion

$\frac{1}{4}$  tsp. sage

2 tsp. shortening

Pepper and salt to taste

On top of this place  
frenched tenderloin. Cover  
and bake until tenderloin  
is a rich brown. - about  
 $1\frac{1}{2}$  hours at  $350^{\circ}$

- Simpson



"LEGISLATIVE BUILDING OF THE NORTH-WEST TERRITORIES AND SASKATCHEWAN"



## PORK CASSEROLE



PUT ONE HALF CUP OF UNCOOKED  
RICE IN A CASSEROLE. COVER  
WITH SLICED ONION THEN ONE  
LAYER OF PORK CHOPS AND  
ANOTHER LAYER OF SLICED ONION  
POUR OVER THIS THE CONTENTS  
OF ONE CAN OF TOMATO SOUP  
DILUTED TO COVER. BAKE IN  
OVEN FOR ONE HOUR AT 350° F

WATROUS HOMEMAKERS' CLUB

## Piquant Meat Loaf

$\frac{3}{4}$  cup dry Bread Crumbs

1 cup Milk

$1\frac{1}{2}$  lbs ground beef

2 eggs slightly beaten

$\frac{1}{4}$  cup grated onion

1 tsp salt

$\frac{1}{2}$  tsp pepper

$\frac{1}{2}$  tsp sage

Sock bread crumbs in milk. Add beef, eggs, onions and seasoning. Pack lightly into greased loaf pan, spread with Piquant Sauce and bake in moderate oven ( $350^{\circ}\text{F}$ ) about  $1\frac{1}{4}$  hrs.

### Piquant Sauce

Combine 2 tps brown sugar

4 tps tomato catsup

$\frac{1}{4}$  tsp nutmeg

1 tsp mustard

Spread over unbaked loaf

Serves 8

-Março



## Braised Beef Platter

Select a pot roast of beef weighing not less than 4 lbs. sear the meat, then cook in a covered heavy pot with the following sauce

2 qts. tomato pulp  $\frac{1}{8}$  tsp. cayenne  
 2 onions, sliced. 2 tsp. salt.  
 3 pieces parsley, minced.  $\frac{1}{4}$  tsp. W. pepper  
 1 large carrot, sliced  $\frac{3}{8}$  tsp. cloves.  
 1 large turnip, sliced.  $\frac{3}{4}$  tsp. nutmeg  
 2 Tbsp. flour 1 bay leaf  
 1 tsp. paprika. 1 clove garlic.

When the meat is done, remove, strain the sauce through a collander. Arrange  $\frac{1}{2}$  lb. cooked spaghetti around platter. In the centre, place the meat. Pour the strained sauce over the spaghetti.

$\frac{1}{2}$  doz. red, sprinkle  $\frac{1}{4}$  cup  
 grated cheddar over this  
 barwood.

## Meat Loaf . . . . .

Preheat oven 375° Time 1 hour.

- 1 lb. ground beef
- $\frac{1}{2}$  lb. ground pork
- $\frac{1}{2}$  lb. ground veal or mutton
- $\frac{1}{2}$  c. finely minced onion
- $\frac{1}{2}$  tsp. pepper
- 1 tsp. salt
- 2 eggs

$\frac{1}{2}$  c. finely minced celery

1 tin tomato soup

$\frac{3}{4}$  c. rolled oats

Method Mix all ingredients together. Pack into loaf pan to form a loaf. Top with strips of bacon. Bake (9 $\frac{1}{2}$  x).

Collection  
Prince Albert

## Stuffed Calf Heart . . . .

Wash, remove veins and arteries. Stuff and sew. Sprinkle with salt and pepper. Roll in flour, brown in fat. Place in small, deep baking pan; half cover with boiling water. Cover closely and bake slowly 2 hours, basting every 15 minutes. Thicken the liquid. Season & serve with heart.

Stuffing - 2 cups fine bread crumbs, 1 chopped onion, seasoning & 1/2 cup butter, hot water to moisten.

- Albertville



## 54. Meat Pie

Pastry -  $1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  cup cold water

Filling - 4 cups ground meat (left over roast)  
4 tbsp gravy or soup stock  
 $\frac{1}{4}$  tsp salt - dash of pepper  
1 medium onion (chopped)  
1 small tomato (cut fine)  
 $\frac{1}{3}$  tsp sage  
 $\frac{1}{2}$  cup water

Method - Scald onion tomato and sage  
in  $\frac{1}{2}$  cup water for ten minutes  
Then add ground meat, gravy,  
salt and pepper Blend well  
Roll pastry out into large round  
-  $\frac{1}{8}$  inch thick Place meat  
mixture on half of pastry.  
Fold other half over meat  
mixture Press edges together  
Make four slits in top of pastry  
Place in oblong pan and bake  
to a light brown in a moderate  
oven for 25 minutes  
Serve with favorite vegetables

- Park City



"C'mon fellows, with  
some pastry  
We'll make this dish  
real tasty."



## Beef Upside-Down Pie - Left over Meat

- $1\frac{1}{2}$  Cups Flour  
 3 Teaspoons Baking Powder (single Action)  
 1 " Salt  
 $\frac{1}{2}$  " Paprika  
 $\frac{1}{2}$  " Pepper  
 $\frac{1}{2}$  " Celery Salt  
 $\frac{3}{4}$  Cup Milk  
 $\frac{1}{2}$  " Sliced Onion



- 1 Tin Tomato Soup  
 2 Cups Left-over Meat - Cubed  
 5 Tablespoons Shortening

Sift together flour, baking powder, salt, paprika, pepper, celery salt, add 3 tablespoons shortening, mix well together, add milk, stir until well blended. Melt remaining shortening in frying pan, add onions & cook until soft, add tomato soup & dash salt & cubed meat, bring to boil, spread baking powder dough over top of meat mixture & bake in hot oven 470 degrees for 20 minutes.

Turn upside down on hot plate, serve at once.

This Serves Eight People.

# Beef Roll.

2 CUPS GROUND LEFT OVER ROAST BEEF

2 TABLESPOONS MINCED ONION.

$\frac{1}{2}$  TEASPOON SALT

$\frac{1}{4}$  TEASPOON PEPPER



MOISTEN WITH LEFT OVER GRAVY

## BISCUIT DOUGH.



2 TEASPOONS BAKING POWDER

$1\frac{1}{2}$  CUPS FLOUR.

$\frac{1}{2}$  TEASPOON SALT

$\frac{1}{2}$  CUP MILK

4 TABLESPOONS SHORTENING

Roll dough in rectangular shape  $\frac{1}{4}$ " THICK.

Spread with meat mixture and roll up for Jelly Roll

Cut in 8 pieces, arrange well apart in greased

cakepan, and cover with left over gravy--see one can

recipe soup. Bake in 400° oven for 30 minutes

Makes 8 generous servings Serve with more gravy

CRUMPTON HOMEOWNERS' CLUB

WINDSOR, SASKATCHEWAN

# Liver Casserole

1 lb. sliced liver.

Sliced onions (as much as desired)

$\frac{1}{2}$  teaspoon salt Pepper.

4 tablespoons bread crumbs.

1 cup canned tomatoes or tomato juice.

Place liver in greased casserole. Cover with sliced cooking onions, seasoning, crumbs. Pour tomatoes over all and bake in a moderate oven (350°) for 1 hour.

Eat liver and like it



Paddock  
Homemakers.

MEAT DISHES . . . . . LEFT-OVERS

. . . BEEF AND PASTRY ROLL . . .

PASTRY ..  $1\frac{1}{2}$  cups flour

..  $\frac{1}{2}$  cup corn meal .. 1 tsp salt

...  $\frac{1}{2}$  cup shortening ..  $\frac{1}{2}$  cup milk

MEAT FILLING .. 1 lb. ground left-over beef

...  $\frac{3}{4}$  cup tomato juice ...  $1\frac{1}{2}$  tsp salt

... 1 egg beaten ..  $\frac{1}{4}$  tsp pepper

...  $\frac{1}{2}$  cup rolled oats 5 tsp. dry mustard

METHOD - FOR PASTRY - sift together dry ingredients, cut in shortening, add milk gradually and stir until mixture leaves sides of bowl. Turn out on a well-floured board and knead. Roll to rectangle 9"x18"

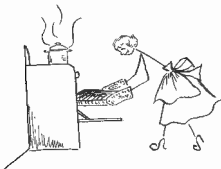
FILLING - Combine all ingredients, spread over pastry and roll like a jelly-roll. Seal ends by moistening pastry. Brush top with shortening. Bake in hot oven (400°) 15 min.; then reduce heat to 325° and bake 30 to 40 min. longer. Slice in  $1\frac{1}{2}$  inch slices. Serve with tomato sauce. Serves 6 to 8.

. . . . . Simply Homemakers' Select . . .

## Mark Hunt

Take a good piece of  
upper round steak. Make a  
dressing as for poultry and  
spread over the steak. Then  
roll up and tie with a  
string. Roast in a moderate  
oven until done. This may  
be served hot or allowed  
to cool and then slice in  
thin slices.

Westport, Fla.



# Hungarian Goulash

"A full course meal in one pot!!"



2 lbs. cubed beef (some fat).

2 cups diced carrots.

2 cups diced potatoes.

1 cup diced celery. 1 quart water

1 med. onion 1 tsp. salt

1½ tsp. paprika ½ tsp. pepper.

Cook beef in water till foam comes to top - skim off foam.

Add chopped onion and salt. Cook till tender. Add vegetables and cook. Add paprika and pepper.

Let simmer for few minutes Thicken

Northern Light Homemakers'

Domremy, Sask.

# POULTRY AND DRESSING



## Fried Chicken.

Cut chicken in serving pieces.  
 Dip in milk & roll in seasoned  
 corn meal.

Fry in butter until brown.  
 Then add 1 cup sweet cream.

Cover & cook until tender (approx:  
 1½ hrs). The corn meal thickens the  
 cream during cooking - & this is  
 your gravy.



Edfield.



# COUNTRY CHICKEN LOAF

- 2 cups DICED COOKED CHICKEN
- 1/2 cup CHOPPED COOKED CARROTS
- 1 cup COOKED PEAS
- 1/2 cup CHOPPED CELERY
- 1 TABLESPOON MINCED GREEN PEPPER
- 1 cup BREAD CRUMBS
- 1/2 cup MILK
- 2 EGG YOLKS, WELL BEATEN
- 1 TEASPOON ONION JUICE
- 1 TEASPOON LEMON JUICE
- 1 TEASPOON SALT
- 1/8 TEASPOON PEPPER



PUT CHICKEN, CARROTS AND PEAS  
THROUGH FOOD CHOPPER

ADD REMAINING INGREDIENTS

PLACE IN GREASED LOAF PAN

BAKE IN MODERATE OVEN (350°F)

UNTIL FIRM, ABOUT 40 MINS

SERVE WITH A CREAM OR A

MUSHROOM SAUCE

MAKES 1 (8x4 INCH) LOAF

SERVES 6.

HENRIBOURG HOMEOWNERS' CLUB

## Creamed Chicken

Clean and cut up a young chicken. Season with salt and pepper and dredge with flour. Place in baking pan. Pour over it  $\frac{1}{2}$  cup melted butter and 1 cup cream, cover and cook slowly until done - about 1 hour.

- "Kelvingrove"  
Dawn Lake



Roast Chicken - 4 Pounds.

Clean and wash chicken well. Do not allow to soak in water.

Allow  $\frac{1}{2}$  to  $\frac{3}{4}$  lb of meat per person. Allow  $1\frac{1}{4}$  cups of dressing per pound of eminciated bird. Stuff the bird; fasten the opening with skewers and lace together with string (remove string before serving) Tie legs together and fasten closely to the tail.

Turnst the tips of the wings and fold under the back of the bird to hold the neck skin in place.

Roast in a moderate oven  $325^{\circ}$  for 20 minutes to  $\frac{1}{2}$  hour per pound. If you use a meat thermometer insert it into the thigh next to the body. It should read  $190^{\circ}$  when the bird is cooked.

If the bird is allowed to stand in the broiling oven 15 minutes it will be easier to carve.

- "Erisa Maynard"  
Dawn Lake

# CHICKEN CROQUETTES



2 cups chopped cooked chicken

2 tsp chopped parsley, celery or onion

1/2 tsp salt - 1/4 tsp pepper

1 cup thick white sauce (4 tbsp butter, 4 tbsp flour, 1 cup milk. Melt butter, add flour and blend well, then add milk and stir until thick) in double boiler.

2 eggs

2 tbsp. water

Combine chicken, sauce, parsley and seasoning. Pack into a well greased bread pan and chill thoroughly.

Form into logs or croquettes.

Beat eggs, add water.

Roll croquettes in fine cracker crumbs, dip in egg mixture, roll in crumbs again.

Fry in shallow fat or salad oil until brown.

Drain on paper and serve hot.

Serves four.



## Fiesta Fried Chicken with Cream Gravy

Cut 1 frying chicken in serving pieces. Dip in  $\frac{1}{4}$  cup cream mixed with  $\frac{1}{4}$  cup water. Then dip in  $\frac{1}{2}$  cup seasoned cornmeal or cracker crumbs. Brown in frying pan in  $\frac{1}{2}$  cup melted shortening. Top with  $\frac{1}{4}$  cup each chopped onions or pimiento. Place in moderate oven (350°), 30-40 minutes or until chicken is tender. Remove to hot platter.

## Cream Gravy



3 tbsp. chicken drippings

3 tbsp. seasoned flour

1 cup cream

1 cup water

Blend chicken drippings and flour over low heat. Slowly add cream mixed with water; stir and cool until mixture thickens and boils.

Theodore Homemakers

## Chicken Pot Pie



1 cup fresh peas  
2 cups diced potatoes  
3 small onions  
1 cup diced carrots  
2 cups cooked chicken

### METHOD:

Cook the vegetables in 2 cup chicken broth (more water if needed) Season well. Add chicken Thicken if necessary with flour and milk. Turn into buttered casserole or divide into custard cups Top with biscuit mixture, brush with cream to glaze. Bake 20 minutes in oven at 375° F.

### Biscuit Topping—

$\frac{3}{4}$  cup flour  $\frac{1}{2}$  tsp. salt  
1 tsp. baking powder 3 tbsps shortening  
Milk ——— Sift dry ingredients Cut in shortening Add milk to make a soft dough Roll out— $\frac{1}{4}$ " thick— on a floured board Cut to fit casserole or custard cups —press edges down firmly. Cut vents to allow steam to escape. Bake as directed.  
—"Levant Willing Workers"—

Corned Chicken Pie

- 1 boiling chicken (about 5 lbs)
- 4 stalks celery and leaves (cut up)
- 2 medium sized onions (quartered)
- Boiling water, salt, pepper
- 5 tbsp butter or margarine
- 4 tbsp. flour
- 1 cup milk
- 2 cups chicken stock
- 2 tsp curry powder
- 2 tbsp cold water
- 2 cups mixed cooked vegetables
- 1 batch unbaked biscuit dough



Prepare and wash fowl. Cut into pieces discarding fat. Put chicken, celery and onions in a large sauce pan; cover with boiling water and sprinkle with 2 tsp. salt and 1/4 tsp pepper. Cover and simmer until chicken is tender. Cool in stock if time permits. Preheat oven to 375° or moderate heat. Melt butter and blend in flour; slowly stir in milk and well drained chicken broth. Cook, stirring constantly, until the sauce is smoothly thickened. Blend curry powder and cold water to a smooth paste; stir into sauce. Season to taste with salt and pepper. Cut chicken from bones and add to sauce along with vegetables.

Turn into a large baking dish or 2 smaller dishes and top with unbaked biscuit dough. Bake in preheated oven about 30 minutes or until done.

Yield - 8 servings

E. H. Hornumaker  
Langenburg Sask.

# SMOTHERED CHICKEN

2 Frying Chickens	$\frac{1}{2}$ c. Fat
$\frac{1}{2}$ c. chopped Onions	6 tbs. Flour
$\frac{1}{2}$ lb. Mushrooms	3 c. Milk
3 tbs. Sherry(Optional)	Salt and Pepper

Coat pieces of chicken(flower, cracker crumbs, or a mixture of flour and corn-meal)(3t.1)

Heat fat in a heavy skillet and brown the chicken. Remove chicken to a casserole.

To remaining fat in pan add onion and celery; cook over low heat until soft and lightly browned.

Stir in the flour; slowly add milk and stir over low heat until thick and smooth. Add seasonings.

Pour gravy over chicken. Cover casserole and cook in a moderate oven (325F) about one hour or until tender.



Submitted by  
St. Joseph Homemakers,  
Ituna, Sask.

## Apple Stuffing



- $\frac{1}{4}$  cup diced salt pork or lard
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{4}$  cup chopped parsley
- 5 tart apples peeled cored and sliced
- $\frac{1}{2}$  cup sugar
- 1 cup fresh dry bread crumbs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Dry pork or lard until crisp and remove from fat. Cook celery, onion and parsley in fat for 5 minutes and remove. Put apples in fat sprinkle with sugar, cover and cook slowly until tender, uncover and cook until glazed. Add crumbs, pork scraps, cooked vegetables and seasonings and mix well. Makes four cups.



Beaverdale  
Herdon

## Barbecued Chicken

- One 3-3  $\frac{1}{2}$  lb. chicken
- 1 medium sized onion
- 2 tablespoons fat
- 2 tablespoons vinegar
- 2 tablespoons brown sugar
- $\frac{1}{4}$  cup lemon juice
- 1 cup catsup

- 2 tablespoons worcester-shire sauce
- $\frac{1}{2}$  tablespoon prepared mustard
- 1 cup water
- $\frac{1}{2}$  cup chopped celery
- Salt.
- Red pepper.

Cut chicken in serving pieces; brown in hot fat. Brown onion in fat; add remaining ingredients. Simmer 30 minutes. Pour over chicken. Bake uncovered in moderate oven (325°-350°) 1 hour. Sauce may be used for meats also. Serves 6.

— Ackdown, Edmore



## Bread Dressing

- two or three cups bread crumbs
- salt and pepper to taste
- $\frac{1}{2}$  onion diced fine
- $\frac{1}{2}$  cup celery cut fine
- $\frac{1}{4}$  cup melted fat

Mix thoroughly. If too dry add a little more fat



Spring side.

## Bread Dressing

- 3 cups dry white bread - remove all crusts, crumble into pieces.
- $\frac{1}{4}$  cup butter (melted)
- 2 tablespoons chopped onion
- $\frac{1}{2}$  teaspoon salt, pepper
- 1 teaspoon sage or poultry dressing
- $\frac{1}{2}$  cup chopped celery
- For a special treat one of the following may be added

$\frac{1}{2}$  cup chopped walnuts

$\frac{1}{2}$  cup raisins (plumped)

$\frac{1}{2}$  cup chopped apple

$\frac{1}{2}$  cup cubed pineapple

3 large cooked sausages, chopped

Blend all the ingredients lightly with a fork. This makes sufficient dressing for a 5 pound fowl.

... Tuffnell

Noodle Dressing for Poultry  
 Heart  
 Liver  
 Gizzard



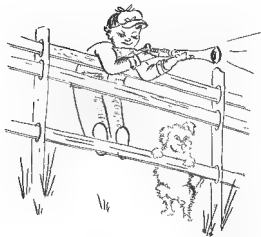
3 large onions  
 3 heaping tablespoons butter  
 12 oz. egg Noodles, boiled in  
 salted water for 5 minutes,  
 then drained

Method:



Mince finely - heart, liver  
 gizzard and onions, add butter  
 and fry altogether for 5 minutes  
 Remove from stove and add to  
 cooked and drained noodles Mix well  
 adding salt and pepper to taste. Stuff  
 fowl lightly, make a paste of 6  
 tablespoons butter and enough flour  
 (to make paste thickness of icing)  
 add salt and spread this over the  
 the entire fowl Chas. Bridge N. M. B.

# WILD FOWL FISH AND GAME





## Wild Duck.

- to serve six  
dutch oven method

Prepare ducks and soak overnight in heavily salted water.

Stuffing for three ducks.

- 5 cups day old bread crumbs
- 1 tbsp sage
- 1 tbsp thyme
- 1 tsp salt
- 1 tsp pepper
- 1 small onion chopped  
and browned in 2 Tbsp. fat
- $\frac{1}{2}$  cup chopped apple
- $\frac{1}{2}$  cup raisins

Stuff ducks and place one small onion in each bird's crop. Fat each duck with melted fat, flour, salt and pepper. Brown in dutch oven. Turn and cook over low heat until done.

- Beaver Lake

# Roast Wild Duck Deluxe <sup>75.</sup>

A large duck, plucked, drawn & washed.

Soak duck 1 or 2 hours, covered with cold water to which has been added 2 tablespoons salt & 2 tablespoons vinegar. Dry inside & out

and stuff with the following dressing -

1½ cups fine bread crumbs (old bread)

¼ cup finely chopped apple, ½ cup raisins

½ cup sausage meat (pork) 1 small onion chopped

¼ teaspoon sage or poultry dressing

Salt and pepper to season according to taste

Mix and add enough warm water or milk

to lightly bind together. - Stuff duck

Put in roaster, sprinkle with a little

salt & pepper & add 2 strips of bacon on breast

Add ¼ cup water and roast at 400° - 450°

for 2 hours, or until done, depending

on toughness of duck. Baste occasionally

with liquid in pan. For added

flavor baste with one cup of red wine



Flaxcombe

## ROAST WILD DUCK WITH ORANGE STUFFING

- 3 c. dry bread crumbs
- $\frac{1}{2}$  c. hot water
- 2 T. grated orange peel
- $\frac{2}{3}$  c. orange pulp
- 2 c. diced celery
- $\frac{1}{4}$  c. melted butter
- 1 beaten egg
- $\frac{1}{2}$  T. salt, pepper
- $\frac{1}{4}$  T. poultry seasoning

Soften bread crumbs in hot water. Add remaining ingredients and combine lightly. Rub inside of duck with salt. Add stuffing and truss. Place on rack in roasting pan and rub surface with salad oil.

Roast uncovered in moderate oven (15 min. for young ducks, 20 min. per lb for older ducks)

Merrington Homemakers,  
Kindersley, Sask



MMM-MM!

# ROAST WILD DUCK - BREAD STUFFING

500°F - 15 MIN - 350°F 2 HOURS



WILD DUCK - 2½ LBS - ¼ TSP BAKING SODA

STUFFING: ½ C. DICED CELERY, ½ TSP SALT

½ C. DICED ONION - ½ C CHOPPED RAISINS

2 C SOFT BREAD CRUMBS ¼ C WATER

3 SLICES BACON - 1 C ORANGE JUICE, ¼ C WH. SUGAR

METHOD DRAW DUCK. RUB INSIDE AND OUT  
WITH SODA - RINSE - WIPE DRY.

STUFF BIRD WITH DRESSING - FASTEN -  
PLACE IN ROASTER - COVER BREAST WITH BACON

BAKE UNCOVERED FOR 15 MIN AT 500°F REDUCE  
HEAT - 350° BAKE TILL TENDER - BASTE WITH  
JUICE AND SUGAR.





*Skin out the breasts and legs, wash well*

*and dry. Roll in little flour, salt and pepper. Fry*

*in butter till light brown, put in roasting pan*

*Make thin cream sauce of butter, flour, cream*

*blend well. Pour over birds. Roast until tender*

*add more cream if needed. Oven. 300°*

*Calvingford Homeowners' Club. Fairmount. Sack.*





"Ptarmigan Chukar"

## My Favorite Fish Recipe



Clean and wash fish  
and remove bones.

Cut in handy pieces



Mix about 1 cup of  
flour with salt and  
pepper (1 tbs. and 1 tsp.)

Put plenty of butter in  
frying pan, and when  
hot roll fish in flour  
mixture and fry in hot  
butter until golden  
brown.



Whitefish, Jack, or  
Pickeral are all good  
done this way.

- Livelong



## Deep Fat Frying

Select fish that can be cut into serving portions, and if possible free from bones.

Dry each piece thoroughly after cleaning. Roll in flour and then dip in beaten egg and roll in fine sifted bread crumbs, to which salt and pepper have been added.

Heat the fat in a deep kettle to  $350^{\circ}$ . There should be enough fat to cover the fish.

Lower fish carefully into fat and cook until a golden brown on all sides - 3 to 6 minutes.

Drain - Serve at once.

Guyhirne - Medstead, Sask,

## STUFFED FISH

3 lbs fresh fish ( white or jackfish )  
 1 onion (medium)  
 1 cup dry crumbs                      4 Tbs butter  
 ½ " milk                                  1 egg  
 1 tsp green or dried dill or dried parsley  
 salt and pepper

Clean and wash fish. Salt inside and out.  
 Keep in a cool place overnight. Lift skin off  
 carefully, starting from the head. Remove bones (not  
 fins). Grind fish meat with onions in food chopper.  
 Fry crumbs in butter till lightly browned. Cool.  
 Sprinkle with milk. Add beaten eggs and  
 seasoning. Mix with the meat.

Stuff the fish skin and sew up the opening.  
 Shape the fish into its natural shape. Place fish  
 on aluminum foil. Sprinkle with butter or cooking  
 oil on both sides. Roll in aluminum foil and put  
 in greased pan in the oven at 425° F. When  
 browning lower heat to 300°.

Bake 45 min to 1 hour

Place on a platter and serve with tomato sauce.



## Cod Fish Balls

1 cup salt cod fish  
 2 cups potatoes - cut into cubes  
 or small pieces.  
 $\frac{1}{2}$  tsp pepper       $\frac{1}{2}$  tbsp. butter  
 1 egg.

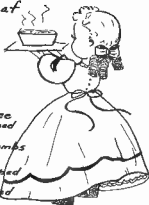
Pick over, wash and shred fish into small pieces. Put potatoes into deep saucepan, cover with cold water, add fish and boil until potatoes are soft.

Take from fire, drain well, beat up with a wire whisk or fork until light - and all lumps are out of the potatoes - add seasoning, butter and slightly beaten eggs. Drop by spoonful into deep fat, hot enough to brown a piece of bread in 40 seconds. Fry until golden brown, drain on brown paper and serve immediately.



— Mullingar

## Fish Loaf



1 cup thin white sauce  
 2 cups cooked or canned  
 fish.  
 1 cup soft bread crumbs  
 2 eggs beaten  
 2 tablespoons chopped  
 pickle  
 5 tablespoons chopped  
 parsley  
 1 hard-cooked, chopped  
 egg

Prepare a thin white sauce (1 tablespoon  
 flour, 1 tablespoon butter, 1 cup milk).  
 To the sauce add cooked, flaked fish,  
 soft bread crumbs, well beaten eggs,  
 chopped pickle, chopped parsley and  
 chopped hard cooked eggs. Stir until  
 well blended. Pour mixture into a greased  
 casserole and place in a pan of hot water.  
 Bake one hour in a moderate oven 350°.  
 Unmold, serve hot with sauce or cold with  
 crisp greens.

Yield - 6 servings.

- Frenchman's Butte

## Hasenpfeffer

When properly cooked, the rabbit can be the finest of our game. Have you tasted Hasenpfeffer? It was cooked by the Pennsylvania Dutch years ago.

Cut the rabbit in serving pieces and place in a crock. Cover with equal parts vinegar and water to which are added sliced onions, cloves, bay leaves, basil, salt and pepper. After 2 days, remove the rabbit, drain and fry in butter until crisp. Add about 1 cup of the marinade in which it was soaked and simmer for about 30 minutes. Just before serving add 1 cup of thick sour cream to the sauce.



Manties.



## Deer Liver Patties

- 1 lb. liver
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup fine cracker crumbs
- 2 tbsp. milk
- 2 eggs, slightly beaten
- 1 tsp. prepared mustard
- Salt and pepper



Remove membrane from liver.

Grind coarsely. Mix other ingredients with ground liver.

Melt about 3tbsp. shortening in frying pan. When hot, drop liver mixture in by tablespoonful.

Fry till browned on both sides.

Makes about 18 patties.

————— Bright Sand.



## PLAIN MOOSE STEAK



Cut meat in slices  $\frac{1}{2}$  inch thick. Salt and pepper to taste. Roll each piece in flour, and fry in hot fat—a mixture of  $\frac{1}{2}$  cup butter, and  $\frac{1}{2}$  cup beef dripping—until brown, or rare, medium or well done as desired.



—“Idylwild”  
Bapaume



## FOWL OR WILD GAME CASSEROLE

- 1 - five pound fowl or  
 2 smaller ones  
 4 sticks celery diced  
 2 onions quartered  
 2 cups mixed vegetables  
 (diced)



Put cut up fowl or birds  
 in saucepan, discard fat.  
 Add celery, onions and  
 mixed vegetables. Cover  
 with boiling water; salt  
 and pepper to taste.  
 When meat is tender thicken  
 the stock. Turn all out in  
 baking dish, and top with  
 biscuit dough. Bake in  
 quick oven. Delicious made  
 with prairie chicken.

Stanleyville Club

# VEGETABLES



## Baked Tomatoes

- 2 tablespoons of fat
- 1 onion, chopped
- 4 cups canned tomatoes
- $\frac{3}{4}$  teaspoon of salt
- $3\frac{1}{2}$  tablespoons brown sugar
- $1\frac{1}{2}$  cups buttered crumbs (read)

Melt fat in saucepan, add chopped onion Cook and stir until tender but not brown. Add tomatoes salt and 2 tablespoons of brown sugar Heat until sugar is dissolved. Turn mixture into a  $1\frac{1}{2}$  quart siled baking dish Cover with mixture  $1\frac{1}{2}$  tablespoons brown sugar and crumbs. Bake in a moderate oven until brown. Serve with stuffed pork chops. Serves 6.

Temperature.  $375^{\circ}\text{F}$

Time. 15-18 minutes

Blytheswood.

# Sour Cream Green Beans

2 tbsp. minced onion.

1 tbsp. flour. 1 tbsp. butter.

$\frac{3}{4}$  tsp. sugar.  $\frac{3}{4}$  tsp salt.

$\frac{3}{4}$  cup sour cream. 1 tsp. vinegar.

1 No. 2 can green beans ( $2\frac{1}{2}$  cups)

Brown onion in butter, add flour, sugar, salt, cream.

Cook, stirring until thick; add vinegar. Heat beans, garnish

Serves 4.



The Hughton Homemakers.



## Creamed Cauliflower

Take one head of cauliflower and soak for one-half hour upside down in salted water. Rinse and place in boiling water to cook for about twenty minutes. While it is cooking, prepare a cream sauce, using one tablespoon butter, one tablespoon flour and one cup of milk. Add salt to taste. Cheese may be added to sauce if desired, if used add it to the butter and flour when the two blended and then cook in double boiler, stirring until thick and smooth. Either grated or powdered cheese may be used. Drain cauliflower, place on platter, and cover with sauce. Place large pieces of butter on top and put in oven to melt quickly. Do not cook too long as the cauliflower will turn brown and fall apart. Serve at once.

Greenan Homemakers' Club



## Baked Stuffed Potatoes

6 baked potatoes  
 2 tbsp. butter  
 $\frac{1}{4}$  cup hot milk  
 $\frac{3}{4}$  tsp. salt  
 $\frac{1}{8}$  tsp. pepper.

Select medium sized potatoes and bake. Remove from oven and cut in half. Without breaking the skin remove inside. Mash, add seasoning butter and milk, mix until light and fluffy. Refill shells, leaving the top rough. Put in a hot oven for 10 minutes or until a light brown. Serves four.

- Pontiac Club

- Dinwiddie



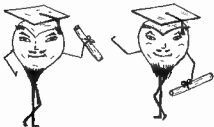
## Harvard Beets

Wash small beets Cook  
in boiling salted water  
until soft. Drain, chill  
in cold water and rub  
off skins Dice them  
Pour over them the  
following sauce:-

Mix -  $\frac{1}{2}$  cup sugar  
with - 2 tbsp. cornstarch  
add -  $\frac{1}{2}$  cup boiling water  
and -  $\frac{1}{2}$  cup vinegar

Let boil 5 minutes  
Season with salt and  
pepper.

Glenn





## Corn Pudding

Put into a large bowl -

3 eggs - well beaten

1 tbsp. grated onion

$\frac{1}{4}$  cp. green pepper - chopped fine

1 pimento - cut fine

2 tbsp. sugar

1 tsp. salt

2 tbsp. melted butter

2 cp. cream corn - add slowly

2 cp. scalded milk

Beat above ingredients until  
blended, and pour into  
buttered casserole

Sprinkle with paprika

Bake at 325° F for 50 minutes  
or until mixture is set



Serve from casserole



.. Plato Homemakers ..



## Sweet Potatoes



1 lb sweet potatoes  
 $\frac{3}{4}$  cup brown sugar  
 10 marshmallows

Boil sweet potatoes in their skins  
 peel and cut in half, place in  
 casserole, cover with brown sugar  
 and dot with butter. Top closely  
 with the marshmallows. Bake in  
 a  $350^{\circ}$  oven for 20 minutes or  
 until marshmallows are nicely  
 browned.

Serves 6 to 8.

Nice with chicken or ham



Barberly Homemakers



Postcard



## Potato Cheese Puffs

4 large boiled potatoes

$\frac{1}{4}$  cup top milk

2 eggs, separated

$\frac{3}{4}$  cup grated cheese

$1\frac{1}{2}$  teaspoons salt

$1\frac{1}{2}$  teaspoons onion juice

2 Tablespoons chopped parsley



Drain off any liquid from potatoes and rice while hot.

Add milk, mixed with egg yolks, and cheese, salt,

onion and parsley. Whip until fluffy. Beat egg whites stiff

and fold into potato mixture.

Pile lightly into eight mounds on a greased cookie sheet.

Bake in moderate oven ( $350^{\circ}$ ) for 25 minutes. Serve immediately. 4 servings.

Easton Homemakers' Club.



## Carrot Loaf

- 1 small onion, chopped
- 3 tbsp. butter.
- 1 cup breadcrumbs.
- 2 cups grated raw carrots.
- 2 eggs.
- 1 cup milk.
- 1 tsp. salt.
- Dash of pepper.



### Method:

Brown the onion in melted butter, then add it to the crumbs. Add carrots, milk, beaten eggs, and seasoning to the crumb mixture. Mix well. Turn into a well greased baking dish and bake at 350°F until the loaf is firm. About 45 minutes. This may be served plain or with a white sauce. Serves 4-6.

Tyner Homemakers.

## -Vegetables au Gratin-

- 1 small head cooked caul. flower
- 2 cups cooked sliced carrots
- 2 cups cooked peas
- 4 sliced raw tomatoes

### Sauce:

- 2 tbsp. butter
- 3 tbsp. Flour
- 1 cup sweet cream
- 1 cup milk or vegetable stock
- 1 pinch salt
- 1 pinch white pepper
- 2 beaten egg yolks
- 2 tbsp. grated cheese



Melt butter in saucepan

Stir in Flour. Blend well.

Add liquid gradually,  
while stirring.

Cook slowly for 10 min.,  
stirring occasionally.

Remove from heat

Add beaten egg yolk

Season to taste.

Arrange all vegetables except tomatoes  
in well buttered, 8 inch baking dish.

Add sauce.

Place sliced tomatoes on top.

Sprinkle with salt and pepper.

Top with grated cheese

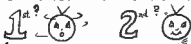
Place under broiler, or in very hot  
oven (500° F) for 10 to 15 min., or till  
nicely browned

Serve at once

Makes six servings.

Millcrest Club.

# To Serve Carrots as a Second Vegetable.



Scrape and wash carrots, leave young carrots whole and cut old carrots in slices lengthwise. Boil them until tender (15 to 30 min.) in water containing 1 teaspoon sugar. Just before cooking is completed add salt. Drain, roll in butter, then in corn flakes and brown in oven at 350° F. Garnish with parsley.



M. Menan Homunakere.  
Eston, Sask.

# SALADS



AND

# SALAD DRESSING



## FRUIT SALAD

$\frac{1}{2}$  a 20 oz can of pineapple cubes

24 marshmallows, quartered

$\frac{1}{2}$  cup red grapes, seeded or halved

2 large bright red apples, diced

2 bananas, diced

$\frac{1}{4}$  cup chopped walnuts (optional)

$\frac{3}{4}$  cup whipping cream

boiled salad dressing



Pour juice from pineapple over marshmallows and let stand in refrigerator overnight or for several hours until fluffy.

Add combined fruits and fold in whipped cream with boiled salad dressing to taste. Serve immediately. Serves from 8-10 people.

Leeville Homemakers' Club,  
Assiniboia, Sask.



## Horn Salad Loaf

- 1 pkg. lemon jelly powder
- 1  $\frac{1}{2}$  cups boiling water
- 2 cups cooked diced ham
- 2 tsp lemon juice
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{2}$  tsp onion juice
- $\frac{1}{8}$  tsp. pepper
- $\frac{1}{4}$  tsp. prepared mustard
- $\frac{1}{4}$  cup chopped pickle
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup whipped cream



Dissolve jelly powder in boiling water. Add seasonings. Chill. Fold in remaining ingredients. Pour into moistened individual jelly moulds. Chill. Unmould on lettuce cups and garnish with sliced tomato and olive.

## Lonesome Butte Club



## Cottage Cheese Salad

For one serving, mix:

- $\frac{1}{3}$  cup cottage cheese
- 1 teasp. red cherries, chopped.
- 1 teasp. walnuts or almonds,  
chopped.

Place on a pineapple ring,  
centered on a lettuce leaf



Mazenod.

## Make A Meal Salad Bowl.

1 garlic clove - if desired

$\frac{1}{2}$  cup Wesson Oil

2 tablespoons vinegar

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{2}$  teaspoon dry mustard

$\frac{1}{4}$  teaspoon paprika

1 head lettuce, broken into 1 inch chunks

2 tablespoons chopped green pepper

$\frac{1}{2}$  cup diced celery

$\frac{1}{2}$  cup thinly sliced raw cauliflowerets

1 cup cooked asparagus tips

1 hard boiled egg - cut in eighths

$\frac{1}{2}$  lb diced baked ham

Have all ingredients chilled. Rub inside of salad bowl with cut garlic, then discard garlic. Stir in oil and vinegar. Add seasonings, beat with fork until well mixed. Combine all remaining ingredients in order given, toss lightly until each piece is coated with dressing; serve immediately. Serves 6 to 8.

-Winnabel Club, Woodrow.





## Macaroni Salads

1 cup cooked macaroni  
 1 large apple - diced  
 1 small onion - cut fine  
 $\frac{1}{2}$  tsp celery seed  
 Blend these ingredients

Add part of the  
 following dressing  
 $\frac{1}{2}$  cup white sugar

1 tsp mustard - rounded, 1 tsp flour - rounded,  
 1 tsp salt, 2 eggs - slightly beaten,  
 1 cup cream - sweet or sour,  $\frac{1}{2}$  cup vinegar

Mix dry ingredients - add eggs.  
 cream and vinegar Mix well Cook  
 over boiling water until thickened  
 Cool Add more cream to thin if  
 necessary

Place salad mixture in a bowl  
 lined with lettuce leaves. Garnish  
 with ripe tomatoes cut in quarters

To serve individually place  
 portion of salad on lettuce leaf  
 Garnish with shredded carrots,  
 paprika and slices of tomato  
 Serves four

Note Pour cold water through  
 macaroni after it has been drained

Stewart Homemakers' Club  
 Bateman.

# Hungarian Cucumber Salad.

1 large cucumber, peeled  
and thinly sliced, into salad bowl.

## Dressing:

$\frac{1}{2}$  cup sour cream.

$\frac{1}{2}$  tsp, salt.

$\frac{1}{8}$  tsp, pepper.

1 tsp, white sugar

1 Tablespoon of white vinegar,  
or more according to personal  
taste.



Mix thoroughly, and pour  
over cucumbers in bowl.

South Weyburn Homemakers.

## Beet and Egg Salad

1 qt small beets	4 whole cloves
$\frac{3}{4}$ cup cider vinegar	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup water	4 hard cooked eggs.
$\frac{1}{4}$ tsp Allspice	$\frac{1}{2}$ cup cucumber
1 stick Cinnamon	$\frac{1}{2}$ cup celery



Mayonnaise to moisten

Cook beets until tender, skin and chill. Score outside with fork and hollow out inside. Centre may be used as a vegetable. Boil the vinegar, water, sugar, spices and seasoning for 6 minutes. Strain to remove spices. While still warm add beets and whole hard cooked eggs. Let stand overnight. Drain. Fill cooked beets with mixture of diced cucumber and celery. Moisten with Mayonnaise. Serve on Lettuce with hard cooked eggs cut in half. Use pickling liquid as sauce for hot beets.

Serves 6

Wood Mountain Homemakers.



## Troulded Cucumber Salad.

- 1 package lime jelly powder.
- $\frac{3}{4}$  cup hot water.
- 2 tablespoons vinegar.
- 1 tablespoon grated onion.
- 1 cup chopped peeled cucumbers.
- 1 cup mayonnaise.

Dissolve jelly powder in  $\frac{3}{4}$  cup hot water.

Add vinegar.

Let partially set.

Fold in onion, cucumbers and mayonnaise. Garnish with radish and lettuce.

Serves 6.



East Bay Area Homemakers' Club.

- Grape Salad -

2 cups grapes, seeded & halved  
 Marinate in  $\frac{2}{3}$  cup French Dress-  
 ing. Dissolve 1 lemon jelly in 1 cup  
 hot water, add  $\frac{1}{2}$  cup orange juice,  
 $\frac{1}{4}$  cup lemon juice, 1 tbsp minced  
 onion,  $\frac{1}{4}$  tsp. salt. Let jelly stand  
 until the constituency of egg  
 whites. Drain grapes all but  $\frac{1}{4}$  cup  
 juice, then add to thickened jelly  
French Dressing -  $\frac{1}{2}$  cup salad oil,  
 $\frac{1}{3}$  cup vinegar,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{4}$  tsp  
 of mustard and paprika. Shake  
 well. This salad can be served on  
 individual plates on a lettuce  
 leaf with a ball of cream cheese  
 rolled in ground walnuts; or with  
 a spoon of mayonnaise mixed with  
 a little whipped cream; or served  
 in a bowl with mayonnaise  
 mixed with whipped cream on  
 top.



Melara Abnerman



# Salmon Mousse

Dissolve 1 package Jell-O in 1 cup hot water. Add  $3\frac{1}{2}$  cups cold water, 2 tablespoons vinegar, 2 teaspoons grated onion,  $\frac{3}{4}$  teaspoon salt and a dash of pepper. Chill until partially set. Add  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{2}$  cup peas, 3 chopped hard-boiled eggs, 1 small can of salmon. Slice olives and hard-boiled eggs. Carefully arrange peas, olives, and eggs on the bottom of the bowl, pour slightly chilled mixture on top of hard-boiled eggs, etc. Chill until firm. Garnish on lettuce.

Ceylon



# TOMATO VEGETABLE SALAD

$\frac{1}{2}$  cup grated raw carrots

$\frac{1}{2}$  cup peas

$\frac{1}{2}$  cup finely chopped celery

1 cup strained tomatoes

$\frac{1}{4}$  cup vinegar

$\frac{1}{2}$  cup sugar

$\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  cup cold water

3 whole cloves

3 tps. granulated Knox's gelatine



Put gelatine to soak in cold water 10 minutes. Put tomatoes, sugar, salt, vinegar and cloves into a sauce pan and bring them slowly to a boil. Let simmer 5 minutes. Add gelatine, stir well until gelatine is dissolved, then strain the mixture. Add vegetables and pour into mold or individual molds. Let stand until firm.

**TORQUAY "HOMEMAKERS"**



'PRAIRIE LILY'

# MOLDED CHICKEN SALAD

- 1 PKG. LEMON FLAVORED GELATIN
- 1 PINT HOT WATER
- 2 TBSPS VINEGAR
- $\frac{1}{2}$  TSP SALT
- $\frac{1}{4}$  CUP MAYONNAISE
- 1 CUP CHOPPED CHICKEN
- 1 CUP CHOPPED CELERY
- 2 TBSPS CHOPPED PIMENTO



DISSOLVE GELATIN IN HOT WATER ADD VINEGAR AND SALT CHILL WHEN SLIGHTLY THICKENED, ADD OTHER INGREDIENTS, MIXING LIGHTLY TURN INTO MOLD OR FLAT PAN AND CHILL IN REFRIGERATOR. UNMOLD OR CUT IN SQUARES AND SERVE ON LETTUCE ON



INDIVIDUAL PLATES TOP WITH ADDITIONAL MAYONNAISE IF DESIRED  
SERVES 6 TO 8.

NORTH WEYBURN.

# VEGETABLE SALAD

2 LIME JELLY POWDERS

2 TABLESPOONS VINEGAR

4 CUPS WATER

LET SET, AND JUST BEFORE IT SETS  
TOO HARD - ADD

2 CUPS SHREDDED  
CABBAGE

2 CUPS SHREDDED  
CARROTS

2 CUPS CHOPPED  
CELERY



MACOUN -

## Pineapple-Lettuce Cheese Salad

On individual plates of lettuce, place pineapple ring and in the centre unmold a mound of cottage cheese which has been mixed with a little cream, salt and pepper, then shaped in a small cup. On top of this put mayonnaise or your favorite salad dressing.

Halbrite Homemakers Club



# Chicken Salad



3 cups cooked spaghetti

4 cups cooked diced chicken

2 cups diced celery

2 cups cooked peas

2 teaspoons chopped onions

Season to taste.

Toss lightly together and moisten  
with a mild salad dressing.

Garnish with sliced tomatoes and  
spriggs of cress or parsley.

Serves 6.

Talmage Homemakers' Club.

# TANGY CHEESE ASPIC



1 package Lime jelly powder

1 cup hot water

$\frac{3}{4}$  cup cold water

2 Tablespoons vinegar

1 Teaspoon grated onion

3 ounces processed cheese

cut into small squares

$\frac{1}{2}$  cup diced celery

**Method** 1 Tablespoon sliced stuffed olives

Dissolve jelly powder in hot water.

Add cold water, vinegar, and onion.

Chill until slightly thickened. Fold in

remaining ingredients. Turn into 1-quart

mold. Chill until firm. Unmold. Serve

on crisp lettuce Garnish with Tomato

wedges and cheese cubes Makes 6 servings.

"GREENVILLE CLUB"—BROMHEAD, SASK.





## Red-Eyed Salad.

### Ingredients.

- 1 pkg. pineapple jell-y powder.  
 2 cups hot water.  
 1/2 cup drained canned cherries. Diced parsley.  
 4 cups diced lettuce. 1/2 cup diced celery.  
 2 tbs. salad dressing. 1 tbs. scraped onion.  
 1 hard-boiled egg. 6 slices canned ham or fish.

### Method.

Combine jello & hot water. Chill until  
 partially set, then arrange cherries in jello  
 in decorative design. Chill until set. Combine  
 rest lettuce, celery, onion juice, & salad  
 dressing. Drain lettuce leaves & arrange on  
 medium-sized salad platter. Then mould jell-y in  
 centre. Arrange ham or fish around jell-y. Spread  
 vegetable salad on meat next to jell-y. Slice egg  
 on top of vegetable salad & sprinkle vegetable  
 salad with parsley. Serves 6 to 8.



## Hawaiian Special.



*Serves Twelve.*

1 pt marshmallows

1 qt. cabbage

1 qt pineapple

*Cabbage - shred finely and for extra crispness, chill in ice water - drain*

*Pineapple - use crushed, or pineapple chunks, cut up, drained*

*Marshmallows - cut up, with scissors dipped in water.*



Dressing -



2 lemons (juice of)

$1\frac{1}{4}$  cups sugar

1 tablespoon flour

$\frac{1}{2}$  teaspoon salt

2 egg whites

1 pt whipped cream

*Boil first four ingredients, then pour hot over beaten egg whites*

*Cool - fold in whipped cream*

*Sprinkle top of salad with a generous amount of crushed salted peanuts*

*Kingsford Homemakers' Club - Estevan -*

## SALMON MACARONI SALAD 121.

$\frac{1}{3}$  CUP MAYONNAISE OR 1 8 OZ CAN SALMON  
SALAD DRESSING  $1\frac{1}{2}$  CUPS DRAINED  
1 TSP GRATED ONION CANNED OR FRESH  
1 TSP PREPARED MUSTARD. FROZEN PEAS  
 $\frac{2}{3}$  CUP ELBOW MACARONI. SALAD GREENS  
1 HARD COOKED EGG

MIX MAYONNAISE, ONION, AND MUSTARD  
AND LET STAND COOK MACARONI IN  
BOILING SALTED WATER 10 MINUTES  
AND DRAIN REMOVE BONES AND SKIN  
FROM SALMON, MIX THE JUICE WITH  
THE DRESSING AND TOSS LIGHTLY WITH  
THE MACARONI, SALMON AND PEAS CHILL  
THOROUGHLY SERVE ON CRISP  
GREENS AND GARNISH WITH HARD  
COOKED EGG SLICES

SERVES 4

TUNA FISH, LOBSTER OR SHRIMP  
MAY BE USED IN PLACE OF SALMON

## HITCHCOCK HOMEMAKERS CLUB



## Choice Fruit Salad



- 1 can sliced pineapple (15 oz)
- 1 lemon
- 1 egg
- $\frac{1}{2}$  cup white sugar
- 1 tsp. cornstarch
- Fruit in season

Mix juice of pineapple with lemon juice. Mix cornstarch with sugar and beaten egg.

Combine with juice Cook to Thicken Cool and add fruit.

- "Sao Line

East Weyburn



## Peach Snowball Salad

In the center of a half of a peach, place a ball of mixed cheese, nuts and salad dressing, cover with other half peach and roll in cocoanut. Place on a lettuce leaf on which first put a spoonful of whipped cream and salad dressing.

Mildale



# JELLIED POTATO SALAD

- 2½ c. finely diced cooked potatoes  
 3 tbsp vinegar                      1 pkg lemon jelly powder  
 2 tbsp salad oil                    1 c hot water  
 1½ tsp salt                          ¾ c cold water  
 ¼ tsp pepper                        2 tbsp vinegar  
 1½ tbsp grated onion            ¼ tsp salt  
    hard cooked egg slices  
    pimiento strips



1. Combine potatoes, vinegar, salad oil, salt, pepper and grated onion.
2. Dissolve gelatin in hot water. Add cold water, vinegar, and salt. Cool.
3. Pour a bit of jelly into the bottom of each of 5 or 6 moulds or cups.
4. Arrange egg slices and pimiento strips in the jelly and allow to set.
5. Add remaining jelly to potato mixture. Spoon into mould and chill until firm.
6. Unmould on beds of lettuce. Makes 5 to 6 servings.

Glenwood Club, Estevan.

## Salad Dressing

3 eggs, beat separately

$\frac{1}{2}$  cup sugar

2 tablespoons cornstarch

1 heaping tablespoon butter

2 teaspoons mustard

$\frac{1}{2}$  cup vinegar

1 cup water

$\frac{1}{4}$  teaspoon salt

Cook over boiling water till thick

Dilute with sweet cream

When ready to use add a few drops of lemon juice.

Makes about one quart.



Jonesville

Homemakers Club

Becky. Sisk.

## Salad Cream

2 tbsp. sugar                      2 tbsp. cream  
 2 tbsp. vinegar                 $\frac{1}{4}$  tsp. salt  
     $\frac{1}{8}$  tsp. pepper

*Method.* - Blend about half an hour before using. When doubling or tripling the recipe, whip the cream until it is glossy and stands in peaks this makes a better dressing.



- Recchy.



# SUPPER DISHES



# CURRIED EGGS



Cut six hard boiled eggs, into halves, cross-wise, and cut off end to stand.

Melt 2 tbsp. butter, stir in 2 tbsp. flour,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{2}$  tsp. curry powder; add one cup of hot milk.

Cook until thick and pour over the eggs when ready to serve.

To add variety some finely chopped onion may first be fried in the butter.

Pentagon Club

Raymore.

## Hot Devilled Eggs.



Hard cook 4 to 6 eggs. Cut the eggs in half lengthwise. Remove the yolks and mash with a fork. Mix the yolks with  $\frac{1}{4}$  cup finely chopped, lean, cooked ham, a dash of Worcestershire sauce, salt and pepper and a little cream to make it of a soft consistency. Pack the mixture into the egg whites, and arrange in a buttered shallow baking dish. Cover with white sauce. Sprinkle the tops of eggs and cream with buttered crumbs.

Bake in a moderate oven ( $350^{\circ}$ ) until mixture is heated through, and the crumbs are brown.

Serve on squares of crisp buttered toast.

White Sauce:

2 tablespoons butter      3 tablespoons flour  
1 cup milk

Melt butter, add flour and blend. Add milk slowly, stirring constantly. Cook over low heat until thick. Add  $\frac{1}{4}$  tsp salt.

— Robart

## "Pork Dinner"

### Ingredients:

- 1 pound of ground pork
- 1 pound ground beef
- $\frac{1}{2}$  cup raw rice
- $\frac{3}{4}$  cup milk
- $\frac{3}{4}$  cups chopped onion
- $\frac{1}{4}$  teaspoon pepper
- 1 teaspoon salt

### Method:



Mix all ingredients together, pat into balls the size of a large hen-egg. Place in a  $1\frac{1}{2}$  quart size casserole. Over these pour - 1 (10 fluid oz.) can of tomato soup diluted with equal amount of water.

Cover and cook for  $2\frac{1}{2}$  hours at 375 degrees F.

Serves 7 people.

Drake Homemakers Club.

## Supper Dish

Serves 6 - 8.



- 2 cups ground cooked meat
- 1 cup crushed Shredded wheat
- 1 tablespoon chopped onion
- $\frac{3}{4}$  cup grated carrot
- 2 cups seasoned mashed potatoes.
- $\frac{1}{2}$  cup grated apple

Add onion, carrot apple and shredded wheat to meat and mix well. Line a casserole with  $\frac{1}{2}$  of meat mixture. Fill centre with the mashed potatoes (2 cups). Cover with layer of remaining meat mixture. Bake in moderate oven for 1 hour.

Waderia



# Savory Skillet Meal

- 1 lb round steak
- $\frac{1}{3}$  cup flour
- 1 teasp salt
- 3 tblsp fat
- 4 med sized potatoes peeled and cut in quarters.
- 1 large onion, sliced
- 1 can cream of mushroom soup

Cut meat in slices for serving. Season with salt then dip in flour. Brown in hot fat in skillet.

Place vegetables over top of meat, add soup. Cover. Keep mixture on med high until steam escapes freely. Turn to simmer and cook 50 min.



## Surprise Casserole

- $\frac{1}{2}$  8-ounce package macaroni
- $\frac{1}{2}$  pound minced raw hamburger
- 3 tablespoons chopped onion
- 1 teaspoon salt
- few grains pepper
- $\frac{1}{2}$  14-ounce can whole kernel corn
- 1 10-ounce can thick of tomato soup
- $\frac{1}{2}$  cup grated cheese, medium or salt

Cook macaroni in boiling salted water until tender, about 15 to 20 minutes. Drain and rinse with cold water. Combine minced hamburger, onion, salt and pepper, and saute until brown. Arrange alternate layers of the cooked macaroni, browned meat and corn in a greased, six cup casserole. Pour soup over top and sprinkle with grated cheese. Bake in a moderate oven,  $350^{\circ}\text{F}$ , 30 minutes, or until top is brown. Yield 5-6 servings.

Note  $\frac{1}{4}$  16-ounce package spaghetti may be substituted for the macaroni.

W. R. Ford Homeemaker





## Casserole Dinner

- 1 pkg. noodles
- 1 can corned beef
- $\frac{1}{2}$  cup chopped onion
- 1 can cream of chicken soup
- 1 cup milk
- 1 cup buttered crumbs

Method - Cook noodles in boiling salted water. Drain and rinse. In buttered casserole place alternate layers of noodles, beef and onion. Mix together the soup and milk and pour over. Top with buttered crumbs, and bake at  $375^{\circ}\text{F}$  for 1 hour. Serves 6-8.

- Lakeshore, Govan.



# Sackatchew and Chicken Casserole.

Serves 6 to 8

- 1 - 4 lb chicken cut in pieces
- 1 Spanish onion sliced
- $\frac{1}{4}$  cup chicken fat or butter
- 1 can Tomatoes
- 1 Can Peas drained
- 1 Celery stalk diced
- 1 Green Pepper seeded
- 1 Can Mushrooms
- 3 carrots diced



Dredge chicken with flour, salt  
pepper & paprika to taste

Heat fat, add onion and brown. Add  
chicken, brown lightly. Cook slowly  
1 hr. in covered casserole

Add Tomatoes, celery, carrots and  
green pepper, Cook until  
tender.

Add Peas & mushrooms  
10 minutes before serving.  
White Feather Club.



## Fricassée



(A French-Canadian supper dish),  
 4 lbs. melted lard,  $1\frac{1}{2}$  lb. cold boiled  
 2 lbs. minced onion, potatoes, <sup>(boiled)</sup>  
 1 c. cold boiled beef (minced),  $\frac{1}{2}$  c. fresh milk.

Using a fairly deep frying pan, heat the lard until warm, and add the onions, potatoes, and beef at once. Heat well together, stirring often to prevent scorching. Then make a well in the middle of the ingredients, and pour the milk into this. Add a dash of pepper, according to taste to the milk, and wait until the milk boils, then stir well together. Add a dash of salt if desired. Serve hot. This makes enough for two generous servings. The proportions of meat, onions, and potatoes may be varied according to taste.

Round Plains, Homebush, Weymouth, N.S.

## Porcupines

- 2 cups cooked rice
- $1\frac{1}{2}$  pounds hamburger
- 1 onion
- $2\frac{1}{2}$  cups tomatoes

Prepare hamburger as meatballs, seasoning with salt and pepper.

Put a layer of rice in a casserole dish and a layer of meatballs.

Proceed until the hamburger and rice are used up. Then, pour tomatoes over and bake  $1\frac{1}{2}$  hours.

Prairie Rose, Lockwood.



## AMERICAN CHOP SUEY

1 PKG. MACARONI COOKED TILL TENDER  
 1 POUND RAW BEEF AND PORK PUT  
 THROUGH THE GRINDER  
 1 LUMP OF BUTTER.  
 1 SMALL ONION  
 A LITTLE SAGE,  
 1 TIN OF TOMATOES  
 PEPPER AND SALT TO TASTE.



MIX ALL TOGETHER AND PUT INTO  
 CASSEROLE AND BAKE IN A  
 MODERATE OVEN (3500 - 3750)  
 ABOUT ONE HOUR OR UNTIL DONE.  
 6 GENEROUS SERVINGS

CROSSWOODS HOMEMAKERS  
 SOUTHEY. SASK.



## -6 skumbus Casserole

- 1 cup elbow macaroni  
 4 slices Bacon  
 2 tablespoons bacon drippings  
 $\frac{1}{2}$  lb. uncooked beef liver (cubed)  
 2 tablespoons flour  
 1 tsp. salt  
 $\frac{1}{2}$  cup sliced onion  
 1 can cream of mushroom soup, undiluted  
 $\frac{3}{4}$  cup milk  
 $1\frac{1}{2}$  tbsp. meat sauce (bottled)  
 1 cup canned corn (whole kernel)  
 Chopped parsley

Early in the day, cook macaroni as package directs, drain. Meanwhile, sauté bacon until lightly browned, drain. Pour off all but 2 tbsps. drippings. Sprinkle liver with flour and salt, sauté quickly in drippings until well browned, add onion and cook until tender. Pour soup into  $1\frac{1}{2}$  qt. casserole, slowly stir in milk and meat sauce. Add in macaroni, liver, onions and corn. Top with bacon strips. Refrigerate about 1 hr. before serving, generously sprinkle parsley around bacon. - Cypress  
 Carnagh

## Chicken, Rice and Green Bean — Casserole —

2  $\frac{1}{4}$  cups cooked rice (1 pkg. quick-cooking rice)  
 2 cups cooked green beans (1" lengths)  
 1 cup milk.  
 1 can (1  $\frac{1}{4}$  cups) condensed cream of chicken soup.  
 1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 1 cup grated nippy Canadian Cheddar cheese  
 Paprika.



### Method—

Mix together all ingredients except cheese.  
 Pour into a well-greased 2 quart casserole.  
 Sprinkle cheese over the top and  
 then sprinkle with paprika.  
 Bake in a moderate (350°F) oven  
 for 35 to 40 minutes.

— Council Homemakers' Club —





# Shaunavon District--Supper Dish

## Cowboy Bean Casserole

- 1 cup diced Ham 80  
 2 Tbsp. margarine or butter  
 1 clove garlic, minced J  
 1 large can baked Beans  
 1 large can red Kidney Beans, drained  
 1 large can green Lima Beans, drained  
 1 Tbsp. brown sugar  
 1 Tbsp. prepared mustard with horseradish  
 1/2 cup tomato catsup  
 3 Tbsp. vinegar B



Salt and Pepper as desired

1 medium size sliced onion

**U** Sauté the ham in the margarine or butter until brown. Combine garlic, beans, ham, mustard with horseradish, sugar, catsup, vinegar and seasonings. Pour into greased casserole. Top with onion slices. Bake in 350 oven for 50 minutes.

Serves 6 generously.







Lowell Homemakers' Club  
 Eastend, Sask.

# Tuna Supper Casserole

Cook in boiling water about  
twenty minutes.

1. Pkg. Shell Macaroni  
Then drain & rinse in cold  
water

Add:-  1 Large can Tuna fish  
1. can peas.  (drained)

 1. can mushroom soup  
 1/4 tsp. salt  
1/8 tsp. pepper

Mix well & pour into greased  
baking dish

Bake at 350° until brown.  
20 to 30 minutes

Top with buttered bread crumbs.  
Serves 6 or 7 Punruchy, Govan Dist.



## White Fish Casserole

Into a quart casserole cut up a medium-sized onion,  $\frac{1}{4}$  tsp. salt,  $\frac{1}{8}$  tsp. pepper,  $\frac{1}{2}$  tsp. sugar. Add 2 c. cold water. Bring to simmer.

Next Steps:

2\* white fish fillets

1 small onion

6 soda crackers

$\frac{1}{8}$  tsp. salt

$\frac{1}{8}$  tsp. pepper (to taste)

2 eggs

$\frac{1}{2}$  cup water



Put fish, onion and crackers through a food chopper. Add salt and pepper. Mix thoroughly with a fork. Add the slightly beaten eggs and water. Form into

balls slightly larger than an egg. Drop into the casserole carefully. Cover. Bake in an oven of  $350^{\circ}$  for one hour.

While this is baking, slice up 3 med. potatoes, 3 med. carrots and 3 stalks of celery. Sprinkle with  $\frac{1}{8}$  tsp. salt (to taste).

Remove casserole from oven, add 1 cup boiling water and place vegetables around fish. Add 2 tbsp. butter and bake 1 hour in an oven of  $375^{\circ}$ .

The casserole is then ready to serve.

Guernsey Homemakers'  
Club

## Potato Tuna Casserole

2 cups mashed potatoes

7 oz can tuna fish

1 tbsp minced onion

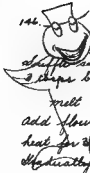
$\frac{1}{2}$  tsp. curry powder

$\frac{1}{4}$  cup crushed potato chips

Mix all ingredients except potato chips and put in shallow baking dish. Sprinkle with potato chips. Bake in a moderate oven for about 30 minutes.

Verna





## Salmon Soufflé

soufflé sauce (1 cup).

3 cups butter, 3 cups flour,  $\frac{1}{2}$  tsp. salt  
1 cup milk.

Melt the butter in a saucepan. Add flour and stir over moderate heat for 2 minutes after mixture boils. ~~Gradually~~ stir in the milk and cook until thick and smooth.

To 1 cup of sauce add 1 large can of salmon. Mix well. Allow to cool slightly. Beat the yolks of 3 eggs slightly and add to the sauce and salmon. Beat 3 egg whites until stiff, and fold them in. Pour into an ungreased baking dish. Set in a pan of hot water and bake in a moderate oven for 50 minutes. Serve at once.

Robinkood

Home-makers  
Club.

## "Fish and Macaroni"

$\frac{1}{2}$  cup macaroni,  
 1 small tin Tuna Fish,  
 1 can mushroom soup,  
 pepper

Boil  $\frac{1}{2}$  cup macaroni and  
 place in a casserole, dish  
 Add fish, &  $\frac{1}{2}$  can of soup  
 Also pepper to taste, no salt  
 as fish contains salt enough.  
 Pour remains of mushroom  
 soup over ingredients.  
 Place lid on casserole  
 Bake in hot oven for 25 min.  
 Serves 6

Cadillac Homemakers





## Fish Casserole

- 1 cup potato chips
- 2 cups cooked flaked fish.
- 1/2 cup sweet peas, chopped
- 1/2 cup cooked vegetables
- 1 cup Cream Sauce (medium)
- Salt
- Pepper

Place layers in above order in a greased casserole dish. Season with salt and pepper. Sprinkle crushed potato chips on top. Bake in a moderate oven  $350^{\circ}\text{F}$  for 30 minutes.

Canadian fish can make its appearance in sandwich fillings for lunches at school or at home.



Vicki Hare.

# ITALIAN SPAGHETTI

3 quarts boiling water  
 1 lb. spaghetti  
 $\frac{1}{4}$  lb. butter  
 $\frac{1}{2}$  medium sized onion (chop fine)  
 $1\frac{1}{2}$  cups leftover meat sliced in  
 pieces  $\frac{1}{2}$  inch square  
 6 tbsp. tomato ketchup or 1 cup tomatoes  
 $\frac{3}{4}$  cup grated cheese

Break the spaghetti in half and cook in boiling water with  $1\frac{1}{2}$  tbsp. of salt. When tender, drain and add sauce.

Tomato sauce - fry onion in butter until brown, then add meat. Simmer for 15 minutes or until well browned. Season with salt and pepper. Add ketchup or tomatoes and continue simmering for 5 minutes. If using tomatoes, continue until water has evaporated. Add to drained spaghetti and stir well. Add cheese, - stir again and serve. This should serve six.

— Robbinsdale  
 Rose Valley





## Chili Con Carne

2 cups finely sliced onions fried brown in 2 tab. lard. Add 2 lbs. hamburger. Cook 10 minutes. Pour over this one 15 oz. tin kidney beans and one 24 oz tin of tomatoes. While meat is cooking prepare one 1 lbs. package of spaghetti. Drain and pour into meat mixture. Add  $1\frac{1}{2}$  tab. chili powder,  $1\frac{1}{2}$  tab salt,  $\frac{1}{2}$  tab paprika,  $\frac{1}{8}$  tab cayenne pepper. Cook slowly for 1 hour. Serves 8-10.

Quik  
LAKE.





# Apple Omelet

151

5 tart apples  
 $\frac{1}{2}$  tablespoon fat  
 $\frac{1}{2}$  cup sugar  
cinnamon or other spice  
2 eggs.

This is a very delicate dish to serve with broiled pheasant or roast pork. Cook the apples until very soft, then mash them and add fat, sugar, eggs and spice. Bake (250°) - 350° in a shallow pudding dish or pie plate until brown.

Shawaroon



# Looking for Something new?

## Chese Potato Casserole

6 medium potatoes      1 small can of corn  
 $\frac{1}{2}$  lb. bacon              2 tbsp. grated Chese  
 $1\frac{1}{2}$  cups milk             $\frac{3}{4}$  cup bread crumbs  
 salt and pepper

Brown strips of bacon first

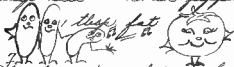
Place in 9 inch baking dish a layer of thinly sliced potatoes, then a layer of thinly sliced bacon, a layer of canned corn, salt and pepper. Repeat till dish is filled. Add milk.

Cover with bread crumbs and grated chese. Bake  $1\frac{1}{2}$  hours

Bestward Homecoming  
 Kellher, Wash

## Sausage and Tomatoes

- 1 lb small pork sausages
- 1 20 oz tin tomatoes
- 4 medium sized onions
- 1 teasp salt Black pepper



Fry onions in fat in large skillet. Add sausages cut in one inch lengths Fry until brown. Add tomatoes and seasonings. Cover and cook fifteen minutes. Serve six

Mount Hope Club

Notornes

## Stuffed Green Peppers.

- 6 large green pepper
- 1 small onion, minced.
- 2 cups cooked rice.
- 1 lb ground beef
- 1 tsp salt.
- $\frac{1}{8}$  tsp pepper.
- 20 oz tin tomato juice



## Method.

Wash peppers and remove core and seeds

Mix - onion, rice, ground beef salt and pepper, then fill peppers with the mixture.

Arrange filled peppers upright in a greased casserole or baking dish

Pour tomato juice over the peppers and bake in a moderate oven  $350^{\circ}\text{F}$  for  $1\frac{1}{2}$  hours.

Variation: meat and onion may be browned in frying pan before mixing with the rice

Harborne & M. B. Lockwood

## Creamed Peas On Toast <sup>155</sup>

1 small onion      1 med tin of peas  
1 tbsp. fat      2 tbsp. flour  
1/2 tsp paprika      1/2 cup cream

Chop and brown onion in fat,  
add paprika.

Add peas (if fresh peas  
from garden are used add  
2 cups water) when cooked  
thicken with a paste of flour  
and little water.

When ready to serve add  
1/2 cup of cream.

Serve hot on toast.

The Dyart Homemakers' Club.



Dyart, Sask.

5.45 PM

## Vegetable and Chive Casserole

2 tbs butter

1 can cream of asparagus soup - enough to  
make a thick liquid

3 cups soft bread crumbs

1/4 cup minced onion

2 cups grated cheddar cheese

1/4 tsp. salt

1/4 tsp. pepper

3 eggs, well beaten

1 cup cooked vegetable well drained



Heat butter, soup and milk. Pour  
over bread crumbs in mixing bowl. Add  
all the rest of the ingredients except eggs and  
vegetables. Mix well. Stir in beaten eggs  
slowly. Add vegetables. Pour into casserole  
and set in pan filled with water. Bake  
in 350° oven for 1 1/4 hours. 6 servings

Susanston

Govan

# DESSERTS



## Lemon Pudding

2 tablespoons butter  
 1 cup sugar, cream well  
 Add 2 tablespoons flour  
 Beat 2 egg yolks separate  
 Add juice of 1 lemon to above  
 Add 1 cup of milk  
 Add beaten egg whites

Mix flour, sugar, butter & egg yolks. Add lemon juice & milk. Fold in whites. Pour into a baking dish, put in the oven in a dish of hot water. Bake at 350° for 40 minutes.

Bradwell.





## 2. Glorified Rice



- $\frac{1}{3}$  cup rice
- 4 cups boiling water
- $\frac{1}{2}$  cup cream (whipped)
- 1 cup cooked crushed pineapple
- $\frac{1}{2}$  cup sugar (beat into cream)

Method:

Boil rice in the water until kernels are tender. Add more water if necessary. Drain and wash well in cold water. Fold the cold rice into the whipped cream, then fold in the pineapple. Chill thoroughly.

Makes 4-5 servings.

Zelma Hornumaker

## Pineapple Dessert

6 oz. vanilla wafers

 $\frac{1}{2}$  cup butter or  
margarine1 cup confectioner's  
sugar

2 eggs - well beaten

6 large slices of pineapple -  
cut up. $\frac{1}{2}$  pint whipping cream

## Method

Crush wafers - line a  
buttered 11" x 7" x  $1\frac{1}{2}$ " pan with  
 $\frac{3}{4}$  of crumbs.Cream butter and  
sugar together. Add well  
beaten eggs. Mix thoroughly.

Spread over crumbs.

Arrange pineapple  
over this.Whip cream - spread  
over pineapple. Cover with  
rest of crumbs.Place in refrigerator  
for 24 hours.Coates Homemakers'  
Club

## Soft Custard

- 2 tbsp white sugar
- 2 level tsp. flour
- $\frac{1}{8}$  tsp salt
- 2 egg yolks
- $1\frac{1}{2}$  measuring cup milk
- $\frac{1}{2}$  tsp vanilla



Mix sugar, flour, salt.  
 Beat egg yolks slightly, add  
 milk. Add to sugar mixture  
 Cook over hot water stirring  
 constantly until mixture  
 thickens and coats back of  
 spoon. Add vanilla. Chill.  
 Serves four.



Gayfield

Star Pudding

- 3  $\frac{3}{4}$  cups scalded milk  
 $\frac{1}{4}$  cup cold milk  
 $\frac{3}{4}$  cup sugar  
 4 tablespoons cornstarch  
 $\frac{1}{4}$  teaspoon salt  
 3 egg yolks  
 $\frac{1}{2}$  teaspoon vanilla



Mix together the cornstarch, sugar and salt. Add the cold milk and mix to a paste. Add the scalded milk slowly, stirring. Cook over hot water, stirring steadily until thick.

Cover and allow to cook for 15 minutes. Stir the mixture into the slightly beaten egg yolks. Return to the top of the double boiler and cook for a minute longer. Add vanilla, and pour into a pudding dish.

Chocolate Meringue

- 2 oz. unsweetened chocolate  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup milk  
 3 egg whites

Melt chocolate. Add sugar and milk. Fold this slowly into stiffly beaten egg whites. Spread this meringue over the pudding and bake in a moderate oven (400°F) until the meringue cracks - star-like on top (about 40 minutes).

Chill and serve.

6 to 8 servings

- Manor

# Rice Cream Pudding with Caramel Sauce.

$\frac{1}{4}$  cup uncooked rice

$\frac{1}{4}$  cup sugar

2 cups canned milk, diluted with

2 cups water

$\frac{1}{4}$  tsp. salt

$\frac{3}{4}$  cup raisins

$\frac{1}{2}$  tsp vanilla



Into a deep baking dish place the rice, sugar, milk and salt. Bake in a moderate oven  $375^{\circ}\text{F}$  until a brown crust is formed. Stir this under and continue the baking until the crust is stirred under three times. Add the raisins, reduce the heat to  $350^{\circ}\text{F}$  and bake until the rice is very tender and the mixture is creamy. Remove and add the vanilla.

This makes a creamy, rich dessert  
which may be served either hot  
or cold. Delicious with

### Caramel Sauce

1 cup brown sugar

$\frac{1}{2}$  cup thin cream

$\frac{1}{2}$  tsp. butter

Combine ingredients

Cook for three minutes in a  
double boiler. Serve hot or cold.

- Eagle Creek Home-makers  
Asquith, Sask -



## Picnic Ice Cream

Combine the following:

3 pints milk, 1 pint cream,  
1½ cups sugar, whites of 3 eggs  
stiffly beaten. Flavor and  
freeze without cooking.  
It can be made and served  
in one hour.

Claret Homemakers' Club





## Chocolate Coconut Whip

2oz unsweetened chocolate

2½ cups milk

2 egg yolks

¼ cup flour

1 tsp vanilla

½ cup sugar

½ c. coconut,

⅓ tsp salt

2 egg whites

Add chocolate to 2 cups of milk

Heat in double boiler until chocolate is melted Beat well with rotary egg beater Combine flour, sugar and salt with remaining ½ cup milk Stir into chocolate mixture and continue stirring until thickened. Cook 15 minutes Add part of hot mixture to beaten egg yolks and return to to double boiler Cook 5 minutes Remove from heat Fold in stiffly beaten egg whites and coconut.

Garnish with toasted coconut.

CORY BUSY BEES.



## Spanish Cream.



1 tbsp. granulated gelatin  
 $\frac{1}{2}$  cup cold milk.  
 $2\frac{1}{2}$  cups scalded milk  
 3 egg yolks.  
 $\frac{1}{8}$  cup sugar  
 Few grains salt  
 5 egg whites.



Soften gelatin in cold milk. Make a soft custard of the milk, egg yolks sugar and salt. Dissolve the softened gelatin in the hot custard. Remove from fire. Carefully fold in stiffly beaten egg whites, add flavoring, and pour into individual moulds. Chill until firm.

To serve, unmould, and garnish with whipped cream.

The spanish cream may be flavoured with melted, unsweetened chocolate, orange, or caramel syrup, butterscotch, almond or vanilla. It may be coloured delicate shades of pink, yellow or green, using pure food colours. Chopped, canned peaches, drained, crushed pineapple, or cut, maraschino cherries may be placed in the bottom of moulds before pouring in the cream mixture.

Yields 9-10oz. custard cups

— Maccham

## ORANGE BLANK MANGE

- 5 TBSPS. GRANULATED SUGAR  
 1/6 TSP. SALT  
 4 TBSPS. CORNSTARCH  
 1/2 TSP. VANILLA  
 2 C. HOT MILK  
 1/4 C. ORANGE JUICE  
 2 TBSPS. GRATED ORANGE RIND



COMBINE SUGAR THOROUGHLY WITH  
 CORNSTARCH & SALT. STIR IN HOT MILK.  
 STIR & COOK IN DOUBLE BOILER UNTIL  
 MIXTURE THICKENS SMOOTHLY. COVER  
 & COOK WITH OCCASIONAL STIRRING UNTIL  
 NO RAW FLAVOR REMAINS. REMOVE FROM  
 HEAT & STIR IN VANILLA, ORANGE JUICE  
 & RIND. COOL PARTIALLY, THEN TURN INTO  
 STEMMED GLASSES & CHILL FOR SERVING.  
 MAY BE ACCOMPANIED BY CREAM, PLAIN  
 OR WHIPPED.



DUNDURN HOMEMAKERS  
 DUNDURN, SASK.

## Bread Pudding.

3 cups stale bread, cubed  
 4 cups milk  
 3 eggs  
 $\frac{1}{2}$  cup white sugar  
 1 cup raisins  
 1 teaspoon vanilla  
 Salt

Separate two eggs and save 2 whites for meringue. Beat one whole egg and two yolks, add milk, sugar, vanilla and salt. Pour over bread and raisins. Bake in 2 quart casserole until silver knife comes out clean in a moderate oven  $325^{\circ}$  -  $350^{\circ}$  (about 1 hour). Remove from oven and pile meringue on top, make with the 2 egg whites and  $\frac{1}{2}$  cup sugar. Return to the oven and brown.

"Newark," "Clayville."



Snow Balls $\frac{1}{4}$  cup butter $\frac{1}{2}$  cup sugar $\frac{1}{2}$  cup milk

1 cup cake flour

 $1\frac{1}{2}$  tsp. single action baking powder $\frac{1}{2}$  tsp salt

Whites of two eggs beaten stiff

Method

Cream butter and sugar.

Sift flour, baking powder and salt

Add milk alternately with flour.

Fold in egg whites.

Steam 20 minutes in covered steamer

Steam in dish 8" in diameter.

Sauce

1 cup sugar

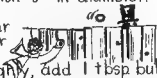
2 tsp. flour

 $\frac{1}{2}$  tsp salt

Mix thoroughly, add 1 tbsp butter,

 $1\frac{1}{2}$  cups boiling water.

Stir altogether, and bring to a boil.

Before serving, add 1 pint fresh  
or canned berries.Servings — 6 medium.

Wing - Fitzgerald Homemakers

He put in his thumb  
And pulled out a  
plum . . . . .



### Ripe Plum Pudding

8 lg. red plums,  $\frac{1}{2}$  c. water,  $\frac{2}{3}$  c. sugar

$2\frac{1}{2}$  tbsp quick tapioca,  $\frac{1}{8}$  tsp. salt

Top:- 2 egg yolks,  $\frac{1}{3}$  c. sugar, 2 egg whites,  
 $\frac{1}{8}$  tsp. salt,  $\frac{1}{4}$  tsp. cream of tartar,  
 $\frac{1}{2}$  c. sifted cake flour.

Wash plums Halve and stone. Add water and bring to a boil. Gradually add tapioca, sugar and salt. Boil one min. Turn into greased baking dish Mix "Top" ingredients as you would for a sponge cake. Pour over plum mixture and bake in slow oven- $325^{\circ}$  50 mins. Serve warm Good with cream.

Delisle Homemakers.

## AUNT RACHELS APPLE PUDDING

Make a rich biscuit dough as follows.

1 cup Flour

2 tablespoons butter

1 teaspoon baking Powder

$\frac{1}{4}$  teaspoon salt

1 tablespoon sugar

$\frac{1}{2}$  cup milk plus 1 tablespoon



Roll dough rather thin AND SPREAD WITH ONE cup finely chopped tart apples, over which sprinkle  $\frac{1}{2}$  cup brown sugar, A LITTLE NUTMEG. Dot over with small bits of butter. Roll up as jelly roll. Cut in inch thick slices. Lay flat in baking dish and pour over sauce made as follows. Mix together  $\frac{1}{2}$  cup sugar, 1 tablespoon Flour, pinch of salt. Pour on gradually 1 cup boiling water. Stir until thickened and add two tablespoons butter. Pour over pudding and bake in oven temperature 375° UNTIL LIGHT BROWN. Serve hot. Bake in eight inch casserole. Will serve six.

GLENROSE CLUB PRINCE. RD.

- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup milk
- 2 egg whites
- 1 cup flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt.



Cream butter and sugar  
sift flour, salt, baking  
powder, add alternately  
with the milk, lastly  
fold in the egg whites.

Prepare

3 cups rhubarb (cut fine)  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
Put in the bottom of  
eight moulds, put batter  
on top and steam for  
20 minutes.

Paynton Homemakers Club.

## Upside Down Fruit Pudding

## Fruit Topping.

2 tablespoons butter.

 $\frac{1}{2}$  cup brown sugar $\frac{1}{4}$  cup orange marmalade

Cook and drain —

 $\frac{3}{4}$  cup dried apricots

12 prunes

2 cups water



Melt butter, add sugar and marmalade. Pour into a buttered pan 8" square. Arrange cooked prunes and apricots over mixture in diagonal rows or pattern. Spread with the following and bake 35 minutes in an oven 325°

 $\frac{1}{2}$  cup shortening

egg

 $\frac{1}{2}$  cup sugar.

1 teaspoon lemon juice

 $\frac{1}{4}$  cup milk.

1 cup flour

 $\frac{1}{4}$  teaspoon salt.

1 teaspoon baking powder.

After baked, invert on a serving dish and serve with cream or hard sauce.



Wo-Ho-Lo.

North Bedford.



# Steamed Cranberry Pudding



- 2 cups coarsely chopped raw cranberries
- $1\frac{1}{2}$  cups flour
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon soda
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon cloves
- $\frac{1}{4}$  teaspoon mace
- 10 cups hot water
- $\frac{1}{2}$  cup light molasses



Add cranberries to sifted dry ingredients.  
 Add water and molasses; mix well.  
 Fill greased one-pound coffee can or  
 pudding mold  $\frac{2}{3}$  full. Cover and  
 steam 2 hours. If desired, steam  
 in individual molds covered tightly  
 with waxed paper and tied with  
 string. Serve with Supreme Sauce

## Supreme Sauce.

Combine 1 cup sugar, 1 cup light  
 cream and  $\frac{1}{4}$  cup butter in double  
 boiler; heat until well blended.  
 Add  $\frac{1}{2}$  teaspoon vanilla extract.  
 Serve warm over pudding  
 Serve 6.

- Willowbrook

## Rhubarb Crisp

- 3 cups of rhubarb  
 1/2 cup white sugar  
 1 cup flour  
 1/4 teaspoon salt  
 1/2 cup brown sugar  
 1/2 cup butter



Cut rhubarb in half inch lengths  
 Mix in sugar and place in baking  
 dish Mix flour, salt and brown  
 sugar, add butter and cut into  
 this mixture until coarse crumbs  
 Sprinkle on top of rhubarb and  
 bake in a medium oven about  
 forty minutes, or until nicely  
 browned

Three Homemakers

## Steamed Chocolate Pudding

- 1 egg
- $\frac{1}{3}$  cup sugar
- 2 tbsps. melted butter
- $\frac{1}{2}$  cup milk
- 1 cup sifted flour
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. cinnamon
- 2 tps. baking powder
- 2 tbsps. cocoa

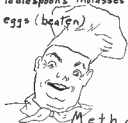


Separate the egg; beat the yolk; add sugar, melted butter and milk. Sift flour, measure; add salt, cinnamon, baking powder and cocoa to flour, and sift again.

Fold these ingredients into first mixture. Beat egg white and combine with the batter. Fill a greased bowl  $\frac{2}{3}$  full, cover tightly and steam one hour. Serve with foamy sauce or whipped cream.  
 "Maymont Homemakers' Club"

## A Delicious Pudding

1 cup brown sugar	1½ cups all purpose flour
1 cup suet (ground)	2 teaspoons baking powder
1 cup apples (ground)	1 small teaspoon soda
1 cup carrots (ground)	½ teaspoon salt
2 tablespoons molasses	¼ teaspoon cloves
2 eggs (beaten)	1 teaspoon cinnamon
	1 teaspoon nutmeg (if desired)
	1 cup raisins



### Method

Add eggs to sugar, then suet, apples, carrots, and molasses, and mix well. Sift flour, baking powder, soda, salt, and spices over the raisins, and mix together. Add to the first mixture and beat well. Pour into greased pan large enough to allow for some rising.

Steam 3 hours

- Ruddell

## Carrot Pudding

- |   |                                |
|---|--------------------------------|
| 1 cup suet  | 1 teaspoon salt                |
| 1 cup brown sugar                                       | 1 teaspoon soda                |
| 1 cup grated raw carrot                                 | 1 teaspoon vanilla             |
| 1 cup grated raw potato                                 | $\frac{1}{2}$ cup flour        |
| 1 cup raisins   | $\frac{1}{2}$ teaspoon each of |
| 1 cup currants  | cinnamon, cloves               |
| 1 egg   | and nutmeg                     |
| 2 tablespoons cane milk or enough to make a drop batter |                                |



Grate the carrot and potato. Measure and set aside. Mix sugar, suet, carrot, potato and floured fruit lightly together. Sift flour, salt, soda and spices. Add to the first mixture. Combine the egg, milk and vanilla and add last. Mix enough to blend.

Pour into greased bowls and steam for 3 hours.



Serve with caramel sauce.

- |                          |                     |
|--------------------------|---------------------|
| 2 cups white sugar       | 3 tsp cornstarch    |
| 4 cups hot water         | (more if necessary) |
| 1 tablespoon butter      |                     |
| 1 teaspoon rum or brandy |                     |

Put white sugar brown in the bottom of a saucepan. Keep stirring to prevent burning. Add hot water. Let boil until the sugar is melted. Thicken with 3 teaspoons of corn starch dissolved in a little cold water. Add butter and flavoring. Take from stove.

- Highgate

# Steamed Apple Pudding

## Ingredients -

- 2 cups flour
- 4 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 4 tbsp butter
- $\frac{3}{4}$  cup milk
- 4 sliced apples
- $\frac{3}{4}$  cup sugar

## Method -

Mix dough as for baking powder biscuits. Roll  $\frac{2}{3}$  of the dough and line a pudding bowl or basin. Then fill the cavity with the sliced apples and sugar. Roll out the remainder of the dough and fold it over the apples cover and steam for  $2\frac{1}{2}$  hours.

This gives 6 generous servings.

Richard Homebaker's Club.

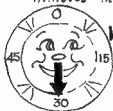


# HALF HOUR PUDDING.

1 tablespoon butter.     $\frac{1}{2}$  teaspn. salt  
 $\frac{1}{4}$  cup sugar.            1 teaspn. baking soda  
 $\frac{1}{4}$  cup corn syrup         $\frac{1}{2}$  cup raisins  
 1 cup flour.               $\frac{1}{2}$  teaspn. vanilla  
 1 teaspn. baking powder.  $\frac{1}{2}$  cup milk.

Cream butter, add sugar and corn syrup; cream together. Sift dry ingredients and add with milk, vanilla and raisins. Put in baking pan.

Sauce:- Combine  $\frac{1}{3}$  cup brown sugar,  $\frac{1}{3}$  cup corn syrup and  $1\frac{1}{2}$  cups boiling water; add  $\frac{3}{4}$  tablespoon butter. Pour over batter and bake 30 or 35 minutes in a moderate oven.



White wood Lake  
 Homemakers,  
 North Battleford.

## Raspberry Filled Cakes

(May be used as a Pudding)



$\frac{1}{4}$  cup shortening,  $\frac{1}{2}$  tps bak powd,  
 $\frac{1}{2}$  cup white sugar,  $\frac{1}{4}$  tsp salt.

1 egg,

$\frac{1}{2}$  tsp vanilla

1 cup sifted flour,  $\frac{3}{4}$  to  $1\frac{1}{2}$  cups sweet milk

Method - Cream together sugar and shortening. Add vanilla, then egg and beat well. Sift together flour, baking powder and salt. Add sifted dry ingredients and milk alternately to creamed mixture to make a soft batter. Pour into greased individual baking cups in which has been placed  $\frac{1}{2}$  tpsps of the following mixture. Bake at  $375^{\circ}$  for 30 minutes. Mixture, 1 cup raspberries, 1 tsp flour,  $\frac{1}{4}$  cup white sugar. Combine lightly and pour into greased baking cups. Few fruit or jam may be used. No flour nor sugar needed when jam is used.



The Lone Rock Homemakers Club  
 Lone Rock Sask.





## Quick Apple Pudding

Pare and slice apples in baking dish two-thirds full, add  $\frac{1}{3}$  cup sugar.

### Top Mixture

Cream 2 tablespoons butter add  $\frac{1}{3}$  cup white sugar and cream well. Then add  $\frac{1}{3}$  cup milk, mix again. Sift  $1\frac{1}{2}$  cups flour with  $2\frac{1}{2}$  teaspoons double action baking powder add gradually to first mixture and at same time add more milk to make a stiff batter, add 1 teaspoon vanilla and beat well. Put batter on top of apples and bake in slow oven 30 to 40 minutes  $300^{\circ}$  to  $325^{\circ}\text{F}$ . Serve with sauce or cream.

(Serves 6.) - Prongue

# Steamed Date Pudding.

3 tbsp. butter.

$\frac{1}{4}$  cup honey.

$\frac{1}{4}$  cup brown sugar

$1\frac{3}{4}$  cups flour

$\frac{1}{2}$  tsp. soda

$\frac{1}{2}$  cup milk



$\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. allspice.

$\frac{1}{4}$  tsp. nutmeg

$\frac{1}{2}$  tsp. cinnamon

$\frac{1}{2}$  lb. chopped dates

2 eggs.



cream butter, sugar, honey and egg thoroughly, add dates. Sift dry ingredients and add alternately with the milk. Pour into buttered mould and steam for two hours.

Caljennee



## Baked Prune Whips

2 cups cooked prunes

1 tsp. grated lemon peel

3 tsp. lemon juice

4 tbsp. confectioners

sugar

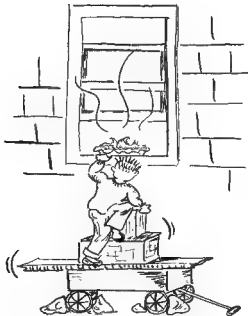
4 stiff beaten

egg whites

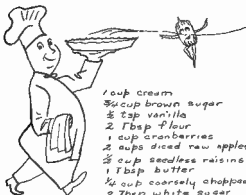
Remove pits from the prunes and wash to a pulp. Add lemon peel, juice, and 2 tablespoons sugar; blend well. Add remaining 2 tablespoons sugar to egg whites; beat until stiff. Fold prune mixture slowly into egg whites. Bake lightly in greased baking dish. Bakes in moderate oven (350°) 20 to 30 minutes. Serves 6.

- Radisson

# PIES AND TARTS



## Three Fruit Pie



1 cup cream  
 $\frac{3}{4}$  cup brown sugar  
 $\frac{1}{2}$  tsp vanilla  
 2 Tbsp flour  
 1 cup cranberries  
 2 cups diced raw apples  
 $\frac{1}{2}$  cup seedless raisins  
 1 Tbsp butter  
 $\frac{1}{4}$  cup coarsely chopped pecans  
 2 Tbsp white sugar

Line a deep pie plate with pastry. Combine brown sugar and cream - beat together. Heat stirring until sugar dissolves. Cool - add vanilla. Gradually stir mixture into the flour. Add the halved cranberries, apples and raisins to the cooled cream mixture. Turn into pie shell. Dot with butter, pecans and white sugar. Cover with strips of pastry. Bake in moderate oven 40 to 45 minutes. Serve warm.



- mary field

## Saskatoon Pie

- 4 cups fresh or 1 quart canned  
saskatoons
- 1 cup of sugar mixed with
- 1 tablespoon minute Tapioca
- 1 tablespoon lemon juice

Line pie pan with pastry. Add above ingredients, put on top crust and bake  $\frac{1}{2}$  hour at  $450^{\circ}$  for cooked berries, or 15 minutes at  $450^{\circ}$  and  $\frac{1}{2}$  hour at  $375^{\circ}$  for uncooked berries

Saskatoons may be canned without sugar or water especially for making pies



—Bellhouse  
Parkman.

# Different Apple Pie.

Makes two pies:-

Take 3 cups scalded milk

2 cups apple puree

1½ cups brown sugar

1 teaspoon butter

¼ teaspoon salt

1 teaspoon cinnamon

¾ teaspoon cloves

¾ teaspoon nutmeg

½ teaspoon mace

3 eggs. the yolks beaten thoroughly and stirred in the above. the whites beaten to a froth and added just before putting in oven.

Put above filling in two crusts and bake about 350° half an hour.

One year we had a great many apples that were too small and blemished to make good fruit. We cleaned and boiled them until very soft, put them thru a colander and canned the puree. It makes very nice pies!

Yale Ho- Better's Homemakers.

Bedford, Mass.



# Pumpkin Pie

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- 1-9" unbaked pastry shell (large)
- 2 eggs, slightly beaten
- $1\frac{3}{4}$  cups pumpkin
- $\frac{3}{4}$  cups brown sugar
- $\frac{1}{2}$  tsp. salt
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp. ginger
- $\frac{1}{4}$  tsp cloves
- $\frac{1}{4}$  tsp. nutmeg
- $1\frac{1}{2}$  cups top milk or light cream



Pour into pastry shell and bake in hot oven  $450^{\circ}\text{F}$  for 10 to 15 minutes then lower temperature to moderate ( $350^{\circ}$ ) and continue to bake 35-40 minutes longer or until filling is set.

Arcola,  
Excelsior Homemakers

## Cranberry Pie

Into a saucepan put 1 quart of nice clean cranberries. Add  $\frac{1}{4}$  cup water and boil  $3\frac{1}{4}$  hr.

Measure fruit. Then add an equal amount of sugar. Boil 15 mins longer. Then add 1 Tbsp butter and  $\frac{1}{2}$  Teaspoon cassia. Line 9 inch pie plate with favorite plain pastry, and fill with cranberry mixture. Finish pie with lattice top. Bake in hot oven  $425^{\circ}$ , till pastry is delicately browned.



Hester Homemaker  
Cushman



# ORANGE COCONUT CREAM PIE



$\frac{1}{2}$  c sugar, 2 tbsp grated orange rind, 1 c. hot milk, 6 tbsp flour,  $\frac{1}{4}$  c cold milk, 2 egg yolks, beaten light, 1 tbsp. butter,  $\frac{1}{3}$ - $\frac{1}{2}$  c orange juice, 1 c. coconut, 2 egg

whites, (beaten stiff with 2-3 tbsp sugar)

Mix first 3 ingredients in top of double boiler and simmer 5 mins Mix flour, butter, cold milk and yolks to smooth paste and add to hot milk, stirring constantly, cook until thick. Cool 5 mins, then fold in egg whites orange juice and coconut. Pour into baked shell, crumble 4 graham wafers or  $\frac{1}{2}$  c corn flakes over top, bake in 300°F oven for 12-15 mins

Serve plain or with whipped cream

WALCHOPE HOMEMAKERS,  
WALCHOPE, SASK..

## PINEAPPLE PIE

2 BAKED 9 INCH PIE SHELLS

1 TIN CRUSHED PINEAPPLE (½ JUICE)

 $\frac{3}{4}$  C WHITE SUGAR

2 EGG YOLKS

 $1\frac{1}{2}$  C COLD WATER

4 Tbs CORNSTARCH

COOK IN A DOUBLE BOILER IN  
PREPARATION FOR THE BAKED PIE  
SHELLS

## .. MERINGUE ..

1 tsp. SUGAR

2 Tbs COLD WATER

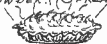
2 EGG WHITES

 $\frac{1}{4}$  tsp BAKING POWDER

BEAT EGG WHITES UNTIL STIFF

ADD (SUGAR, WATER AND BAKING  
POWDER.) SPREAD LIGHTLY OVER PIE.

RYERSON...



## Pie crust with Cream

1 - 8 oz cup flour

4 tablespoons cream  
(or 4%)

5 tablespoons lard

 $\frac{1}{4}$  teaspoon salt

Measure flour, add salt but in the  
lard to the consistency of coarse  
bread crumbs. Add cold cream by  
teaspoonfuls, tossing with a fork  
until all the flour-coated bits of fat  
are barely dampened. This amount  
will make one 8-inch pie shell.

- Fortile

## Hoover Frit Pastry

Mix. 1 lb shortening

4 cups flour

1 teasf baking powder

1 teasf salt

Beat - 1 egg in a measuring cup.

Add - 1 tablesp vinegar  
then fill to the  $\frac{3}{4}$  mark  
with cold water

Put all together

and mix well shape  
in a roll and store  
in refrigeratorThis amount makes  
3 large or 4 small  
two-crust pies.Lundine Homemakers Club  
Arcola, Sask

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## ORANGE TARTS.

HOT WATER PASTRY.

$\frac{1}{2}$  cup LARD.

$\frac{1}{2}$  TEASPOON SALT.

$\frac{1}{4}$  cup BOILING WATER.



$\frac{1}{2}$  cups FLOUR

ADD LARD AND SALT TO BOILING

WATER - STIR UNTIL LARD IS MELTED  
THEN ADD FLOUR. CHILL. WHEN PASTRY  
SHELLS ARE PARTIALLY BAKED, ADD  
FILLING - (1 DOZEN TARTS)



1 TABLESPOON BUTTER.

1 cup SUGAR.

YOLKS OF THREE EGGS.

JUICE AND RIND OF ONE ORANGE.

JUICE AND RIND OF ONE LEMON.

1 cup CURRANTS -  $\frac{1}{2}$  cup RAISINS

FINISH BAKING - TOP WITH WHITES  
OF THREE EGGS BEATEN WITH THREE  
TABLESPOONS SUGAR. PLACE BACK IN  
OVEN TO BROWN.

NORTH CARLYLE HOMEMAKERS.

## Butter Tarts

 $\frac{1}{4}$  c. butter

2 eggs

1 c. brown sugar

1 c. currants

1 tsp. lemon juice

Cream butter and sugar together. Add beaten eggs, currants and lemon juice. Line tart tins with *Phaid* pastry and fill  $\frac{3}{4}$  full with mixture. Bake at  $425^{\circ}\text{F}$ . for 12 to 18 minutes.

Substitute raisins for currants and 1 tsp vanilla for lemon juice, if desired.



## Lemon Honey

6 eggs beaten well

2 c. white sugar

3 lemons, juice <sup>grind</sup> $\frac{1}{4}$  lb butter

Put in double boiler <sup>and</sup> cook until thick. Goodbye tarts.

Garnduff



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## Cheese Straws.

1 cup flour.  $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon baking powder  
 $\frac{3}{4}$  cup grated cheese. (Cheddar)  
6 tablespoons butter. 1 egg yolk  
2 tablespoons water.

### Method.

Sift together into a bowl, flour, salt and baking powder. Into flour mixture work grated cheese and softened butter. Now add enough of beaten egg yolk and water to bind ingredients together.

On a lightly floured surface, roll out to  $\frac{1}{8}$  inch thickness.

Cut into strips about  $\frac{1}{2}$  inch wide and 4 inches long.

Bake in a hot oven until straw-colored. To serve pile on a plate wood-pile fashion.

Breezy Bridget's Homemakers,  
Benson.

## Cream Puffs

1 cup all-purpose flour

$\frac{1}{2}$  cup butter

1 cup boiling water

4 eggs

Have the water boiling. Add butter to water in small smooth sauce-pan and place over heat.

When butter is melted and whole mixture is boiling rapidly, add the flour all at once.

Stir vigorously until mixture makes a ball that comes away from the sides of the pan. Do not overcook as that will make it greasy and heavy, and will cause the flour and fat to separate. Remove pan from fire and cool slightly. Then add the

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unbeaten eggs one at a time. Beat vigorously after each addition. The secret of tenderness is long and patient beating. Grease a cookie sheet or muffin tins, form paste into small heaps a few inches apart to allow for expansion. Bake in moderate oven  $350^{\circ}$ - $375^{\circ}$  F for about 45 minutes. Remove from oven, cool, split and fill with whipped sweetened cream.

Glen Adelaide H. M. C.  
Wawota





# SANDWICHES



## AND BEVERAGES

# Cheese Penicento Spread.

4 eggs

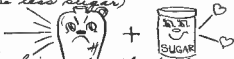
$\frac{1}{2}$  tsp salt

$\frac{1}{4}$  lb butter

$\frac{3}{4}$  cup vinegar

2 tbsp mustard

1 cup sugar (if vinegar is med-  
use less sugar)



Cook in a double boiler until  
thick, - then add the following  
which have been put through  
a food chopper -

1 tin (4 oz) penicento

$\frac{1}{2}$  lb cheese

Cook together until cheese is  
melted, then bottle and store  
in a cool place



— "North End" - Macklin

# Mock Chicken Spread

- 1 cup .. coarsely ground cooked  
 pork or meat,  
 1/2 cup .. shredded or raw carrot,  
 1/2 cup ... chopped celery,  
 2 tbsps ... sweet pickle relish  
 3 tbsps ... Mayonnaise  
 1/2 tsp salt  
 1/8 tsp .. pepper

Combine all ingredients  
 and mix thoroughly.



Wellbush Homeomakers Club,  
 Cat Kafe, Sask.



## Egg and Chives Sandwiches

Cook four eggs hard, remove the shells, mash and season with salt and pepper. Add one teaspoon of finely chopped chives. (more if desired) Moistern with salad dressing, then cream or melted butter. Spread eight slices of bread with butter. Cover four slices with egg mixture. Use the remaining four slices to cover sandwiches. Yield - four sandwiches.



Pratt, Homemakers  
Pratt, East



## Husband's Choice Sandwiches

Try these jumbo sandwiches:

- Mix peanut butter with
1. Chopped crisp bacon and raw apple and cream
  2. Chopped crisp bacon, catsup
  3. Grated raw carrot; chopped raisins or celery
  4. Chopped dates and figs; lemon juice
  5. Devilled ham; chopped dill pickle mayonnaise
  6. Chopped walnuts, Brazil nuts or pecans; honey

Spread peanut butter on one bread slice, any of the following on the second slice.

1. Applesauce; sliced dates
2. Cream cheese; apple butter or chopped prunes
3. Minced cooked or canned ham, pickle relish.
4. Marshmallow cream

Put variety into your lunch boxes.



—Cut Knife



## Denver Sandwich (Serves 4)

Fry  $\frac{1}{4}$  lb. bacon cut in small pieces remove. Add 2 small sliced onions to bacon fat, fry until brown. Beat up 4 eggs and 2 tbsp. milk. Return bacon to pan. Add egg and milk mixture and salt and pepper. Stir and cook until set. Place between 2 slices of buttered bread. Toast on outside. Serve while hot with added slices of dill pickle.

Cards.



## Tee Essence

1 cup tea

3 cups boiling water.



Steep 12 to 15 minutes. Pour essence off tea leaves and bottle. To use add essence to boiling water. One teaspoon of essence per cup makes medium strong tea.

This method of making tea is useful for large teas, etc. as the essence can be made in advance and used as needed. It will keep for at least a week if properly refrigerated.

## CLUB SANDWICH LOAF

Cut crusts from 1 LOAF

SANDWICH BREAD. Slice lengthwise into 5 slices, about  $\frac{3}{8}$ " thick. Butter each slice and rebuild the loaf, putting slices together with the following fillings:

1. 6 thin slices CHICKEN,  $\frac{1}{8}$  c MAYONNAISE

2.  $\frac{1}{2}$  c shredded LETTUCE;  $\frac{1}{4}$  c chopped OLIVES;  $\frac{1}{8}$  c MAYONNAISE

3.  $\frac{1}{4}$  c. diced crisp BACON; 4 slices TOMATOES

4. 1 pkg (3oz) CREAM CHEESE; 3 tbs. CURRANT JELLY

Mix 2 pkg (3oz each) CREAM CHEESE with  $\frac{1}{4}$  c heavy CREAM, beating until light. Spread over top and sides of loaf. Chill 1 hour.

Serve on platter. - Cut in slices.

YIELD -- 6 to 8 portions



ROSEMARY HOMEMAKERS

## Hot Cheese Sandwiches

— Why Not Homemakers, Falls

1 package cheese ( $\frac{1}{2}$  lb)  
1 egg — well beaten  
1 tablespoon Worcestershire sauce  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon mustard  
bread                      bacon



Cream cheese, add egg and seasoning, and spread on bread which should be cut one half inch thick.

Place a slice of bacon on each slice of bread, and bake in a quick oven.

Serve with a green salad, such as lettuce or cress.





## Bacon, Cheese, Onion Sandwich

Fry bacon until crisp. Chop fine.



Mix with cream cheese and a



little onion. Allow flavors to blend.



Put between buttered slices of



whole wheat or white bread.



SearchmoreHomemakers

Adanae, Sask.

## SALMON SALAD SANDWICHES

8 cups or  $\frac{1}{2}$ -pound  
cans salmon

2 teaspoons of salt

3 cups salad

2 cups celery  
chopped finely

dressing

100 slices of

1 cup sweet pickles  
chopped

bread

## METHOD:

Drain and flake salmon. Add celery, sweet pickles, salt and salad dressing to moisten. Spread between slices of buttered bread.

This recipe makes fifty whole sandwiches

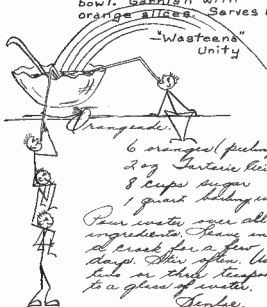
DUFFERIN HOMEMAKERS  
CLUB KNIFE, SASK



# POT O' GOLD PUNCH

3 cups pineapple juice  
2 cups orange juice  
3 cups gingerale

Chill liquids. Combine;  
pour over ice in punch  
bowl. Garnish with  
orange slices. Serves 12.



6 oranges (peelings)  
2 oz Tartaric Acid  
8 cups sugar  
1 quart boiling water.

Pour water over all  
ingredients. Leave in  
a crock for a few  
days. Stir often. Use  
two or three teaspoons  
to a glass of water.  
Gentle.

# LAKE SIDE COOLER

( 6 glasses )



1 cup fresh orange juice  
1 cup pineapple juice  
 $\frac{1}{2}$  cup lime juice  
Few drops mint flavoring  
4 Tablespoons sugar  
Few grains salt  
6 cups milk  
1 pint vanilla ice-cream  
Sprigs fresh mint

Combine fruit juices, flavoring, sugar and salt. Divide between six glasses. Slowly add cold milk and stir quickly. (The milk will have the texture of buttermilk). Top with ice-cream and garnish with a sprig of fresh mint or lime wedge. Serve at once.

Madawaska H.M.C.  
Ardenac, Saskatchewan.

# COOKIES



# REGINA HOMEMAKERS' CLUB

## RIBBON SQUARES

**BOTTOM**

- 1/2 CUP BUTTER
- 1/2 CUP CHOPPED DATES
- 5 TABLESPOONS SUGAR
- 5 TABLESPOONS COCOA
- 1 TEASPOON VANILLA
- 1 EGG UNBEATEN



(1) PLACE SOFTENED BUTTER, SUGAR, COCOA, VANILLA, EGG AND DATES IN BOWL. SET BOWL IN PAN OF HOT WATER. STIR MIXTURE UNTIL BUTTER HAS MELTED AND MIXTURE IS CONSISTENCY OF CUSTARD.

(2) MIX 1 CUP COCOANUT

2 CUPS ROLLED GRAHAM WAFERS (20)

1/2 CUP CHOPPED WALNUTS

TOGETHER AND ADD COCOA MIXTURE AND PACK IN 9 INCH UNGREASED PAN

**FILLING** CREAM 4 TABLESPOONS BUTTER COMBINE 3 TABLESPOONS MILK WITH 2 TABLESPOONS VANILLA CUSTARD POWDER, ADD TO BUTTER, MIX IN 2 CUPS OF SIFTED ICING SUGAR. SPREAD OVER TOP OF FIRST MIXTURE AND ALLOW TO HARDEN.

**ICING** COVER WITH 4 SQUARES OF MELTED SEMI-SWEET CHOCOLATE MIXED WITH 1 TABLESPOON OF BUTTER.



"HARVEST TIME"

# Oatmeal Drop Cookies

Cream together.

1 heaping cup brown sugar  
1 cup butter or shortening

Add in order given:

2 eggs. (beat well into mixture)  
1 cup cornflakes or grape-nut flakes  
1 cup nuts and raisins ( $\frac{1}{2}$  cup each)  
 $1\frac{1}{4}$  cups oatmeal  
 $1\frac{1}{2}$  cups flour sift together  
 $\frac{1}{4}$  tsp. soda  
 $\frac{1}{4}$  tsp. baking powder  
1 tsp vanilla and 2 drops almond

Mix together, form into balls size of a walnut and flatten on cookie sheet with small glass.

Bake ten minutes in 350° oven



— Old Wives Homemakers' Club



# Cookie Recipe Wins Bakefest

Mrs. Margaret Hutchinson of Mundare won with a short cookie for fourth prize in the 1938-39 League Bakefest in Toronto. Her recipe for Orange Chip Cake won a \$200 prize.

## FIRST PRIZE

First prize in the contest went to Mrs. Evelyn Burton of Chaguanic, Ont. as English tea cake she had never baked and she came to Canada in 1944. Mrs. Burton was 12,000 an electric range refrigerator and automatic washer and drier for her recipe for Apple Pie Tarts.

Mrs. Herbert Melrose of Regina won second prize with a Lemon Cheesecake Pie and Miss Mary E. Maddox of St. John, N.B. won third prize with a recipe for French Anchoise Cream Squares.

Mrs. Burton's prize-winning recipe for Apple Tarts follows:

## APPLET TARTS

- 1 cup dried apples,
- $\frac{1}{2}$  cup water,
- 1 cup shortening,
- $\frac{1}{2}$  cup brown sugar,
- $\frac{1}{2}$  cup white sugar,
- 1 egg,
- 1 teaspoon vanilla,
- $\frac{1}{2}$  teaspoon almond flavoring,
- $1\frac{1}{2}$  cups sifted all-purpose flour,
- $\frac{1}{2}$  teaspoon salt,
- 1 teaspoon baking powder,
- $1\frac{1}{2}$  cups shredded coconut.

## Whole almonds

Combine apples and water and cook over low heat until tender. 5 to 10 minutes. Cool.

Cream shortening and sugar together until fluffy. Add to egg and flavorings. Put flour salt and baking powder together. Stir into the creamed mixture. Add apples and coconut. Drop rounded teaspoons of the dough into the shredded coconut and shape into balls. Place on prepared cookie sheet. Top each cookie with a whole almond. Bake in a moderate oven (375 degrees F.) for 12 to 15 minutes or until cookies are lightly browned.



CP has been working hard to get the "red" out of the country. It wants to get rid of —CP wirephoto

## Arranged

They report that they have arranged to get a large number of people out of the country. They are working hard to get the "red" out of the country. They want to get rid of —CP wirephoto

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29<sup>th</sup>  
Sale  
TUESDAY

! Sale Eli...

# Dad's Cookies

215.

Cream together ~ 3 cups brown sugar  
1 cup butter

Add ~ 2 large eggs  
1 tsp. vanilla

Sift together ~ 2 cups flour  
 $\frac{1}{2}$  tsp soda  
1 tsp Baking Powder

Add ~ 1 cup coconut (medium)  
2 cups oatmeal

Shape into balls and flatten  
with a fork. Bake in a moderate  
oven.

Variations - (1) Add 1 tsp. cinnamon  
and 1 tsp nutmeg.

(2) Omit coconut Boil

$\frac{1}{2}$  lb raisins, and  $\frac{1}{2}$  cup water  
until dry. Add raisins and  $\frac{1}{2}$  cup  
walnuts Form into balls.



PENSE HOMEMAKERS' CLUB



## Brownies



$\frac{1}{2}$  cup shortening

2, 1 oz squares chocolate (unmelted)

$\frac{3}{4}$  cup flour.

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

2 eggs

1 cup sugar

1 teaspoon vanilla extract

1 cup nuts coarsely cut

Melt shortening and chocolate together over hot water. Cool. Sift flour with baking powder and salt.

Beat eggs until light; add sugar; then chocolate mixture, and blend.

Add flour, vanilla and nuts. Mix well. Pour batter into waxed paper lined 8-inch square pan.

Bake in moderate oven (350°) 30 to 35 minutes. Cool and cut into squares. Makes 16.

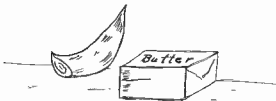
*Castro*

## Butter Horn Cookies

- 1 cup butter creamed
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{4}$  tsp. baking powder
- 2 cups flour
- $\frac{1}{2}$  tsp salt
- 1 cup fine ground almonds
- 2 tbsp. water
- 1 tsp. almond flavor

Roll out, cut in any shape.  
Roll in fine sugar while warm  
after baking.

-Zynan



## Date Pinwheels.

2 1/4 cups chopped dates

1 cup sugar

1 cup water

1 cup chopped nuts

Combine dates, sugar and water  
 Cook in a saucepan for 15 minutes  
 Add nuts and cool

1 cup butter

2 cups brown sugar

3 eggs (well beaten)

4 cups sifted flour

1/2 teaspoon salt

1/2 teaspoon baking soda

Cream butter and gradually add  
 sugar. Add well beaten eggs and  
 mix. Sift together flour, salt and  
 baking powder and add to above  
 mix thoroughly. Chill in refrigerator  
 for about 1 hour

After chilling divide into 3 or 4 parts  
 Then roll out about 1/4 inch and  
 spread with date and nut filling  
 Roll up as for jelly roll. Chill  
 overnight, or in refrigerator for  
 about 3 hours

Then cut with a sharp knife and  
 bake in a moderate oven (375°) -  
 12 to 15 min

Dana

# CHOCOLATE MARSHMALLOW COOKIES

## MIX.

1 CUP ICING SUGAR  
20 MARSHMALLOWS (CUT)  
2 EGGS

## MELT.

4 SQUARES SEMISWEET CHOCOLATE  
MIX WITH ABOVE INGREDIENTS

## ADD

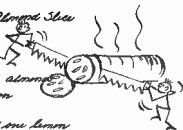
$\frac{1}{2}$  CUP WALNUTS  
1 TEASPOON VANILLA

DROP BY SMALL SPOONFUL  
ON WAILED PAPER UNTIL SET. THEN  
STORE IN COOKIE CAN



### Almond Slice

- 1 cup butter
- 2 cups sugar
- 5 egg yolks
- $\frac{1}{2}$  lb. ground almonds
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp nutmeg
- Grated rind of one lemon
- Flour to make dough (1  $\frac{1}{4}$  cups)



Cream butter and sugar. Add egg yolks. Add other ingredients, roll out in one piece. Brush with egg white. Bake in a moderate oven and cut while warm. Bake in 9x13 pan 350° for 45 minutes.

— Gray

### Afternoon Cookies



- $\frac{1}{2}$  cup lard
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup white sugar
- 1 egg
- 1 tsp. soda
- 2 tsp. cream of tartar
- 2  $\frac{1}{2}$  cups of flour
- 1 tsp. vanilla

Cream the lard and butter. Cream in the sugar. Add the egg and mix well. Stir in the sifted dry ingredients. Add the vanilla. Roll into small balls. Place on cookie sheet. Press with a fork. Bake at 350° for 15 minutes. Ice with cream icing.

— "Sundee" — Luonsden



## MARSHMALLOW SQUARES

2 Tbsp. cocoa	$\frac{1}{2}$ cup butter
1 cup white sugar	2 eggs (well beaten)
$\frac{3}{4}$ cup pastry flour	$\frac{1}{2}$ cup walnuts

Cream butter, add sugar and cream thoroughly. Add well beaten eggs and mix well. Add flour sifted with cocoa. Then stir in the walnuts and spread in a shallow pan. Bake at  $350^{\circ}$  for 15 minutes.

Remove from the oven. Spread on top 24 marshmallows which have been cut in half. Return to the oven for a minute or two to melt the marshmallows. Take out of the oven, spread the marshmallows evenly. When cool, frost with chocolate icing.

Make the cake at least a day or two before it is to be eaten.



MILLSDALE CLUB. FRANCIS.

# Almond Crescents

- 6 tablespoons powdered sugar
- 1 cup butter
- 1 teaspoon vanilla
- 1 teaspoon cold water (very cold)
- $\frac{1}{2}$  teaspoon almond flavoring
- 2 cups flour
- 1 cup dry chopped almonds.



Cream butter, add sugar, vanilla, almond flavoring, and cold water, then add flour and almonds. Roll and shape into crescents, and bake for 15 minutes at 350°.

Remove from oven and roll in powdered sugar while warm

Grand Coulee.



## Shorthread Cookies.

- 1 cup butter.
- $\frac{1}{2}$  cup icing sugar (once sifted)
- 1 egg yolk (lightly beaten)
- 2 cups pastry flour (twice sifted)

Cream butter until soft, add sugar, egg yolk. Gradually mix in the flour, a cup at a time, until thoroughly blended. Roll in balls, press down with a floured fork or tumbler.

Decorate each cookie with a piece of cherry (optional). Bake in a moderate oven  $350^{\circ}\text{F}$  on an ungreased cookie sheet, until delicately brown. Allow to cool in the pan.

Yield: - approx  $2\frac{1}{2}$  doz.

Forrell. Spring Valley



## Butter Cookie Recipe.

1 cup soft butter,

1 cup white sugar

1 egg, unbeaten

 $1\frac{1}{2}$  tsp. vanilla,  $\frac{1}{4}$  tsp. salt

1 cup. single acting baking powder

3 cups sifted bread flour

 $\frac{1}{2}$  tsp. grated lemon rind,  $\frac{1}{4}$  cup. lemon juice

Mix together butter, sugar, egg &amp; vanilla.

Sift together flour, baking powder &amp; salt,

add gradually to butter mixture blending well,

add grated rind and juice Blend thoroughly.

Shape in wax paper and chill one hour

or more Roll ~~on~~ lightly floured boardto  $\frac{1}{8}$  inch thickness, cut with fancy

cutters, brush top with egg white and

sprinkle with sugar and finely

chopped almonds.

Bake at  $400^{\circ}\text{F}$  about 8 minutes

Yield about 6 dozen.

West Yellow Thaw Homemakers' Club.

# CAKES



## Devil's Food Cake

$\frac{1}{4}$  cup butter  
 1 cup white sugar  
 2 eggs  
 $\frac{1}{2}$  cup sour buttermilk  
 water, boiling  
 1 teaspoon vanilla  
 $\frac{1}{2}$  teaspoon salt

$1\frac{1}{4}$  cups sifted cake  
 flour  
 1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon baking powder  
 2 squares unsweetened  
 chocolate.



Cream the butter. Add the sugar and cream until very light. Add 2 whole eggs one at a time, beating well after each addition.

Dissolve the baking soda in the buttermilk. Sift together the flour, baking powder and salt. Add the buttermilk mixture alternately with the flour mixture to the butter, sugar, and eggs. Beat only enough to blend, each time.

Break the chocolate into small pieces in a cup. Add enough boiling water to make up  $\frac{1}{2}$  cup. Add this to the cake mixture at the last with the vanilla. (The chocolate should dissolve in the boiling water.)

Bake at  $375^{\circ}\text{F}$  for about 35 minutes

—"Buffalo Plain"  
 Windthorst

# Ice Cream Cake.

$\frac{1}{2}$  cup cornstarch.

$1\frac{1}{2}$  cups icing sugar

$\frac{1}{2}$  cup butter

1. teaspoon lemon extract

3. teaspoons baking powder

$1\frac{1}{2}$  cups flour

$\frac{1}{8}$  teaspoon salt

$\frac{1}{2}$  cup milk.

6 egg whites (well beaten)

Cream butter, add icing sugar and cornstarch. Add flour, baking powder and salt which has been sifted twice, alternately with milk. Add egg whites last. Bake in a moderate hot oven.

Langhank



## Pink Mint Chiffon Cake

- .. In the first bowl mix together  
 1 cup sifted cake flour  
 $\frac{3}{4}$  cup sugar  
 $1\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt

- . Make a well in these and add:

- 3 unbeaten egg yolks  
 $\frac{3}{4}$  cup cold water  
 $\frac{1}{2}$  teaspoon peppermint flavor  
 Blend until smooth.

- In second large bowl put  
 $\frac{1}{2}$  cup egg whites  
 $\frac{1}{4}$  teaspoon cream of tartar

Beat very stiff & stiffer  
 than for meringues. Pour  
 egg yolk mixture into  
 egg whites gently folding  
 with rubber scraper until  
 just blended - do not stir.

Sprinkle over the  
 batter  $\frac{1}{4}$  teaspoon of red  
 coloring, fold in with 3  
 or 4 strokes. Pour in  
 sugared tube pan Bake 50  
 minutes at  $325^{\circ}$  Windthorst  
 Mount Murray





# Yellow Angel Cake

11 eggs yokes

1 whole egg

1 1/2 cups sugar sifted  
5 times

2 cups flour sifted 5 times

1 teaspoon baking powder

1 cup cold water

Pinch of salt

2 teaspoons vanilla

Method: Beat sugar, egg yokes and 1 whole egg. Add 1/2 cup of water, and beat 10 min. Mix flour, & powder, salt, and other 1/2 cup of water a t<sup>h</sup>at a time and beat after each adding. Add the van., and beat. Bake 1 hr. in ungreased tube pan.



Coming Home Makers

## Magic Blossom cake

2½ cups sifted cake flour, 4 cups baking pdr.  
 12 tbsps shortening, 1½ cups fine gran sugar  
 1½ tbsps. vanilla, ¾ tsp. salt, ¾ cup milk  
 4 egg whites.

Sift flour, baking pdr & salt tog. 3 times. Cream  
 shortening, gradually blend in 1 cup of the sugar  
 & cream. Measure milk & add vanilla. Very  
 gradually blend abt ⅓ of the flav. milk  
 into creamed mixture. Beat egg whites until  
 stiff but not dry, gradually beat in  
 remaining ½ cup sugar, beating after each  
 addition until mixture will stand in  
 peaks. Add flour mixture to creamed  
 mixture about ¼ at a time, alternating  
 with 3 additions of the remaining  
 milk and combining lightly after each  
 addition. Add meringue and fold  
 gently until combined. Bake in two  
 8" layer pans for 30-35 min. in  
 moderate (350°F) oven.

Fill with lemon filling and frost  
 with yellow-tinted vanilla butter icing  
 and decorate with candy blossoms.

Recipe by:

Handsworth Homemakers' club.

## Date Cake

- 1 cup boiling water
- 1½ cups of dates (cut)
- ½ cup of butter
- 1½ cup of sugar
- 2 eggs
- 1½ teaspoon vanilla
- 2½ cups of sifted flour
- 2 teaspoons baking powder
- ½ teaspoon of soda
- 1½ teaspoons of cinnamon
- ½ teaspoon of nutmeg
- ¼ teaspoon of salt.



Mix dates, sugar and butter <sup>and</sup> water. Simmer for 5 minutes. Let cool. Beat eggs and add to dates with vanilla. Sift dry ingredients together and sift into date mixture. Bake 50-60 minutes at 350° F in a loaf pan.

Walrus

## BANANA CAKE

- ½ cup butter
- 1 cup brown sugar
- 2 eggs
- ¾ cup buttermilk
- 1 teaspoon soda
- 1 Teaspoon baking powder
- 2 cups flour
- ½ cup walnuts (chopped)
- 2 mashed bananas or enough to fill  
a cup
- 1 teaspoon vanilla.



## Method.



Cream butter and brown sugar add well beaten eggs. Stir baking soda in buttermilk and add to above.

Sift flour, baking powder and a dash of salt and beat well with above mixture.

Last add walnuts, bananas, vanilla and beat a little.

Pour in 8x10 pan, or two 8 inch layer cake tins and bake in moderate oven.

Flinton Homemakers,  
Handsworth, Sask.



Angel Food.

- 1 c sifted cake flour
- $1\frac{1}{4}$  c sifted granulated sugar
- 1 c egg whites (8 to 10 egg whites)
- $\frac{1}{4}$  tsp. salt
- 1 tsp cream of tartar.
- 1 tsp vanilla extract.
- $\frac{1}{4}$  tsp almond extract

Sift together the flour and  $1\frac{1}{4}$  c of the sugar, 2 times with a sifter, beat egg whites and salt until foamy; then add the cream of tartar, and

beat until stiff enough to stand  
on peaks, but not dry. Add  
remaining 1 c. sugar, 2 Tbsp.  
at a time, beating after each  
addition, until sugar is just  
blended. Fold in flavorings  
& sift about  $\frac{1}{4}$  c. of flour  
mixture over egg mixture,  
and fold in lightly. Repeat until  
all is used. Turn onto an  
ungreased 9" tube pan and rest  
through batter gently with a knife  
to remove air bubbles.

Bake on a moderate oven of  
325° for 1 hour or 375° for 30 mins.

Invert on a cake rack  
for 1 hour.

Summerburg  
Homerabaw      C. L. L.

## CANDY CAKE

1 cup brown sugar

$\frac{1}{2}$  cup butter

fg. salt

1 tsp. vanilla

2 cups rolled oats

Preheat oven to 350°F

Boil sugar and butter for 3 mins

Remove from heat and add salt  
and vanilla. Mix well

Add rolled oats

Press into a greased 8"x8" cake pan

Bake until brown

Yield - 20 squares



Summerhill Club, Grenfell, Sask



# Sunshine Cake



1  $\frac{3}{4}$  cups sugar (white)  
5 Tbsp hot water  
mix, bring to a boil.

$\frac{3}{4}$  cup egg whites beaten stiff  
pour syrup on egg whites and  
beat well - leave until cool



$\frac{1}{2}$  cup egg yolks  
1 tsp almond flavoring  
1 tsp vanilla flavoring  
Beat these well, add to cool meringue



1 cup flour (general purpose or cake)  
 $\frac{1}{2}$  tsp. baking powder (single acting)  
 $\frac{3}{4}$  tsp. cream of tartar  
 $\frac{1}{2}$  tsp salt.



Sift dry ingredients 5 times fold  
into mixture.

Bake as angel cake in tube pan at  
350° 45 to 60 minutes until done.

Invert to cool

Use any light icing.



— "Stangbrook"  
Glenaven





# Golden Orange Cake

$\frac{1}{2}$  cup butter       $1\frac{1}{2}$  cups cake flour  
 $1\frac{1}{2}$  cups sugar     $\frac{1}{2}$  cup cornstarch  
 4 eggs separated    $\frac{3}{4}$  tsp. salt  
 $\frac{1}{2}$  cup orange juice and 1 teaspoon of  
 grated orange peel  
 2 teaspoons double-acting baking powder

## Method:



Cream butter. add sugar gradually while still creaming. Mix in the egg yolks well beaten. Sift the flour, cornstarch, salt and baking powder. Add alternately with the orange juice to the butter mixture (about 5 additions of flour mixture) Mix enough to blend after each addition.

Beat the egg whites until stiff but not dry. Fold the egg whites, and the orange peel into the batter.

Bake in a shallow greased pan in a moderate oven -  $350^{\circ}$  for 40 minutes. Frost with orange juice flavored frosting and decorate with chocolate shot.



Harptree

# Palm Springs Cake

3 eggs. 1 cup white sugar  
 $\frac{1}{2}$  C. milk 1 tbsp. butter  
 1 C. flour  $\frac{1}{4}$  tsp. salt  
 1 tsp. baking powder  
 $\frac{1}{2}$  tsp. vanilla

Method:- Beat eggs until very light and slowly add sugar beating well. Beat milk to foamy and add butter to foamy milk. Mix and sift flour, baking powder and salt. Add flour mixture to eggs and sugar mixture alternating with milk. Add vanilla and bake 30 minutes in 8" x 8" pan on 375° and when done let cake still warm put on the following:

Mix:-  
 4 tbsp. butter  
 5 tbsp. brown sugar  
 2 tbsp. cream.  
 $\frac{2}{3}$  C. coconut

Brown in oven.

Marigau.



## CHOCOLATE FLECK CAKE

### Ingredients

- 2 squares (2oz) shredded chocolate sweet or semi
- 1 cup white sugar - 2 portions of  $\frac{1}{2}$  cup each
- $\frac{1}{2}$  cup butter or margarine
- 1 cup milk
- 1 teaspoon vanilla
- 2 cups sifted cake flour
- 3 teaspoons double action baking powder
- 2 eggs separated
- pinch of salt

### Method

Shred chocolate and keep cold until used.

Beat egg whites until stiff, add  $\frac{1}{2}$  cup sugar and beat to a meringue. Set aside.

Cream butter and remaining  $\frac{1}{2}$  cup sugar until light. Add vanilla to milk.

Sift flour, baking powder and salt together. Add milk vanilla alternately with flour - baking powder to creamed butter sugar mixture.

Mix well.

Add meringue to mixture by folding

240.

in gently Fold in the shredded chocolate.

Bake in 9" layer tins or 9x12" loaf pan in a slow oven (300 325) for 45 minutes.

Icing

Cream together  $\frac{1}{2}$  cup butter and  $1\frac{1}{2}$  - 2 cups icing sugar Add the egg yolks - well beaten. Use  $\frac{1}{2}$  of the icing between the layers and the rest on the top and sides.

Melt 2 squares of chocolate and pour over the top and let dribble down the sides.



Keywest Homemakers' Club  
Ogema, SASK.

## Jelly Roll

- 6 Large eggs, separated  
 1 cup sugar  
 $\frac{1}{4}$  tsp. salt  
 1 cup flour sifted  
 3 lbs. lemon juice  
 2 tsp. grated lemon rind



Boil well beaten egg yolks and salt, sift in sugar slowly, beating constantly. Add lemon juice and rind. Fold in stiff egg whites. Fold in sifted flour.

Bake in a moderate oven 20 minutes. Dampen a tea towel, spread on table, turn your cake out while still warm, spread with jam or jelly and roll. Sprinkle with sugar if you desire.

Kayville



## Danish Apple Cake

- $\frac{1}{2}$  lb. macaroons  
 3 cups toast crumbs  
 $\frac{1}{3}$  cup melted butter  
 2  $\frac{1}{2}$  cups apple sauce  
 1 cup heavy cream (whipped)

Roll the macaroons. Mix macaroons and toast crumbs lightly with butter. Pack in a mold in alternate layers with crumbs and apple sauce. Allow to harden in a cold place. Serve with whipped cream. — Sahinda

## BRAZIL NUT TORTE

2 C SIFTED CAKE FLOUR 3 EGGS SEPARATED  
 2 tsp. BAKING POWDER  $\frac{2}{3}$  C MILK  
 $\frac{1}{2}$  tsp SALT  $1\frac{1}{2}$  tsp VANILLA  
 8 Tb. BUTTER OR MARGARINE  $\frac{1}{4}$  tsp CREAM OF TARTAR  
 2 C GRANULATED SUGAR  $\frac{2}{3}$  C CHOPPED

## METHOD:

## BRAZIL NUTS

GREASE TWO 8" ROUND LAYER CAKE TINS  
 LINE BOTTOMS WITH GREASED PAPER PRE-  
 HEAT OVEN TO 325.° SIFT FLOUR, SALT  
 AND BAKING POWDER TOGETHER, TWICE.  
 CREAM BUTTER, GRADUALLY BLEND IN 1 C  
 SUGAR. BEAT EGG YOLKS UNTIL THICK AND  
 LIGHT THEN, ADD TO THE CREAMED MIXTURE  
 A PART AT A TIME, BEATING WELL AFTER EACH  
 ADDITION. ADD VANILLA TO MILK. ADD FLOUR  
 MIXTURE TO CREAMED MIXTURE A QUARTER  
 AT A TIME, ALTERNATING WITH THREE  
 ADDITIONS OF MILK COMBINE LIGHTLY AFTER  
 EACH ADDITION BEAT EGG WHITES UNTIL  
 FOAMY, SPRINKLE WITH CREAM OF TARTAR,  
 BEAT UNTIL STIFF, BUT NOT DRY. BEAT  
 IN GRADUALLY THE REMAINING 1 C SUGAR  
 THEN VANILLA. SPREAD MERINGUE OVER  
 CAKE BATTER. SPRINKLE WITH BRAZIL  
 NUTS. BAKE IN PREHEATED OVEN 45 MINS.  
 LET CAKE STAND ON CAKE COOLERS UNTIL  
 COLD; LOOSEN SIDES, LIFT OUT CAKE (KEEP  
 RIGHT SIDE UP), REMOVE PAPER. PUT LAYERS  
 TOGETHER WITH WHIPPED CREAM GARNISH  
 WITH DRAINED APRICOTS OR OTHER FRUIT-AMULET

# White Layer Cake

Sift to-gether into mixing bowl,

$\frac{1}{4}$  cup white sugar

$\frac{2}{4}$  cup sifted cake flour.

3 tsp. double acting baking powder

$\frac{1}{2}$  tsp. salt.

Add-  $\frac{3}{4}$  cup butter.

$\frac{3}{4}$  cup milk

Beat for 2 min. at medium speed.

Add- 2 eggs.

1 tsp. grated orange or lemon rind

1 tsp. orange or Lemon juice.

$\frac{1}{2}$  tsp. vanilla

Beat for 2 min. at medium speed.

Pour into two greased and Lined

8 inch layer cake pans.

Bake at  $350^{\circ}\text{f.}$  for 30 minutes.



Glasnevin Homemakers

## Date Loaf



1 lb. dates, chopped  
 1 tsp. soda  
 1 cup boiling water  
 3 tbsp. butter  
 1 cup brown sugar  
 1 tsp. vanilla

2 eggs (well beaten)  
 $\frac{1}{8}$  tsp. salt  
 2 cups flour  
 $\frac{1}{2}$  tsp. double-action  
 baking powder  
 $\frac{1}{2}$  cup walnuts  
 (cut coarsely)

Sprinkle soda over dates, add boiling water. Let stand while getting other ingredients ready. Cream the butter, beat in the sugar. Add vanilla. Beat the eggs. Measure the flour, add baking powder and salt. Add the eggs to the butter-sugar mixture. Add the flour, mix until blended. Add walnuts and dates.

Bake in a greased and lined  $9 \times 4\frac{1}{2}$  inch loaf pan for 1 hour at  $300^{\circ}$ - $325^{\circ}$ F. Or bake for  $1\frac{1}{2}$  hours in  $8 \times 4$  inch pan.

— Sunny South,  
 Ogema



# ICINGS

AND



# SWEET SAUCES

## MAPLE CREAM ICING

1 cup brown sugar  
3 tbsp. milk  
1 tbsp. butter

*Mix and let come to a boil - no more. Add enough icing sugar for easy spreading. Add maple flavoring.*

*This icing never hardens and keeps a long time.*

Outlook Homemakers



## Hungarian Chocolate Frosting.

3 *oz.* unsweetened choc.  $1\frac{1}{2}$  cups sifted confectioners  
sugar,  $2\frac{1}{2}$  tbsps hot water, 2 egg yolks,  
4 tbsps butter or margarine. MMM!

Method.



Melt choc. in double boiler, remove from  
boiling water, add sugar, water and blend  
with electric mixer at No. 1 speed. Add yolks  
one at a time, mixing well, after each at  
No. 1 speed. Add butter a tbsp at a time. Mix  
thoroughly. Makes  $1\frac{1}{2}$  cups frosting  
of course

# Raisin Frosting.

## Ingredients:

1 cup granulated sugar.

$\frac{1}{2}$  cup water.

1 cup raisins.

(stoned and chopped fine)

1 egg white (stiffly beaten)

$\frac{3}{4}$  tsp vanilla flavoring



## Method

Boil sugar and water until it threads. Add slowly to beaten egg white, beating constantly. Fold in chopped raisins and flavoring. Ices 8" layer cakes top and sides.

Crushed nutmeats may be added as a garnish.

Hawarden Homemakers.

## Foam Sauce

1. cup white sugar

$\frac{1}{2}$  cup butter

yolk of 1. egg

3. tablespoons flour

1. teaspoon vanilla

Mix together, then add 2 cups of boiling water. Boil until it thickens

Beat white of egg and add just before serving.



Bratton



## Golden Pudding Sauce

2 cups of brown sugar

$\frac{1}{2}$  cup of water

$\frac{3}{4}$  cup of butter

$\frac{1}{4}$  teaspoon of salt

Cook in a double boiler. Stir constantly until thickened. Stir in a fudge. To serve, reheat almost to boiling point. Add 1 cup whipped cream. Serve at once.

L. L. L.



## Sweet Sauce



- 1 cup granulated Sugar  
 ½ cup Butter  
 1 Egg  
 1 teaspoon Vanilla  
 1 cup whipping Cream

Cream butter and sugar. Separate yolk and white of egg. Beat yolk and add to butter and sugar. Cook in a double boiler over a low flame. Do not stir. When slightly thickened remove from fire. Add vanilla. Beat white of egg and fold into above. Let cool. Before serving whip one cup of cream and add to sauce.

*Serves six*

*Bounty Homemakers*



# Christmas Pudding Sauce.

$\frac{1}{2}$  cup butter.  
 $\frac{1}{2}$  cup brown sugar.  
 $\frac{1}{2}$  cup white sugar  
 2 beaten egg whites.

Cook 10 minutes in double boiler, beating all the time. Cool.

Whip  $\frac{1}{2}$  cup cream, flavor lightly with vanilla and combine with first mixture.

Serves 6-8



Longest Home-maker.



# JAMS AND JELLIES





## Black Currant Jam

(Wild or Tame Fruit)

### Ingredients—

3 cups black currants

2 cups water (cold)

5 cups sugar

### Method:—

Prepare fruit, Crush currants add water and boil 5 min. Add 5 cups sugar to currants and water and cook 5 minutes longer.

Seal while hot in sterile jars.

Tantallon Homemakers.





"SASKATCHEWAN FERRY"

## Chokecherry jolly

Wash berries and put on to boil with enough water to cover. Boil till soft. Drain overnight in a jelly bag.

Do not squeeze bag if you want a clear jelly.

To: 3 cups or  $\frac{1}{2}$  lbs. juice  
add 1 box Certo crystals  
and

4 cups or  $\frac{3}{4}$  lbs. white sugar

Boil this mixture hard for one minute. Pour into jar and seal. For a stronger cherry flavor add  $\frac{1}{4}$  teaspoon almond extract before pouring.



Choke-  
cherry!

Willbourn





Put raspberries in a kettle and crush a little. Put on stove and bring to a boil.

Measure, and for each cup of fruit add one cup of sugar. Bring to the boil again, then put in sterilized jars.

Great West, Ioppella

### Pear Jam

- 12 large pears
- 4 large oranges (juice and grated peel)
- 1 20 oz. tin of crushed pineapple

Sugar

Chop pears and pineapple. Add orange juice and peel and  $\frac{1}{4}$  cup sugar for 1 cup fruit. Let stand overnight. Next morning, bring to a boil and cook slowly until thickened - about  $2\frac{1}{2}$  hours. Seal in hot, sterilized jars. Makes 11 - 12 oz. glasses.



- Welwyn Club



### Apricot Jam



- 4 lbs. apricots
  - 3 lbs. granulated sugar
  - 1 large lemon
  - $\frac{1}{2}$  cups water
- (1 cup crushed pineapple may be substituted for the  $\frac{1}{2}$  cups of water)

Stone and quarter the apricots. Cook until soft with water or pineapple. Add lemon juice, rind, and sugar. Cook until thick stirring often. Pour into sterilized jars and seal with paraffin wax.

- Gerald

Saskatoon Jelly.

$1\frac{1}{2}$  quarts fully  
 ripe berries.  
 juice of 1 lemon.  
 6 cups sugar.  
 $1\frac{1}{2}$  cups water.  
 1 box Gerts crystals.

Method:-

Crush berries. Add  
 water. Bring to a boil. Place  
 in jelly bag. Squeeze out  
 juice to make  $4\frac{1}{2}$  cups. To  
 this add lemon juice. Place  
 over high heat. Add Gerts  
 crystals. Stir until mixture  
 comes to a hard boil.  
 At once stir in sugar.  
 Bring to a full rolling  
 boil. Boil hard for one  
 minute, stirring constantly.  
 Remove from stove (skimp  
 if necessary). Bottle.



Prosperity Club,  
 Rocanville, Sask.

## Green Strawberry Jelly



Wash and stem the strawberries. Use  $\frac{3}{4}$  cups water for each cup of prepared fruit. Boil briskly. Pour hot, cooked fruit into a moistened cheesecloth jelly bag. Hang up over a bowl and allow to drain until dripping ceases. Measure sugar, allowing of  $\frac{3}{4}$  cups for each cup of extracted juice. Boil again, removing scum as it forms. To test when jelly is done, dip up the boiling hot syrup with a metal spoon. Hold it well above the kettle, and allow it to run off the edge. When two drops follow and then flow together to form a "sheet," the jelly stage has been reached. Immediately remove from the heat. Pour into sterilized jars - seal with paraffin wax.

- Park



# Rhubarb Jam

1 Cover 10 cups of diced rhubarb with 10 cups of granulated sugar, and let stand overnight.

2 Next morning: Place mixture in preserving kettle and bring to simmering point. Let simmer for 1½ hours.

3 Add 2 packages of Jello jelly powder. (Strawberry flavor) Let boil 10 minutes and place in hot, sterilized jars. Seal while hot. This recipe yields 8 pints.

Sunnyview Homemakers' Club  
Whitewood, Sask.



## SASKATOON JAM

2 LBS RHUBARB  
3 LBS SASKATOONS  
3 LBS SUGAR  
 $\frac{1}{2}$  CUP WATER

BOIL RHUBARB WITH WATER  
UNTIL SOFT.

PUT SASKATOONS THROUGH  
FOOD CHOPPER AND MIX WITH  
THE SUGAR AND RHUBARB

BOIL 10 MINUTES.

BOTTLE AND SEAL.

BURROWS HOMEMAKERS' CLUB.



# PINCHERRY JELLY.

*I* Pick over and wash berries Place in Kettle and just cover fruit with water. Simmer gently. Drain juice from jelly bag.



*II* Ingredients - 4 cups juice  
4 cups sugar, 1 box Certo Crystal

*III* Method - Place juice over high heat. Add Certo and stir until mixture comes to hard boil Add sugar Bring to full rolling boil and then boil hard for one minute, stirring constantly.

*IV* Remove from fire, skim and pour into glasses. Cover with hot paraffin.



CARNOUSTIE HOMEMAKERS  
ROCANVILLE, SASK.

## Rhubarb Jelly

5½ lbs strawberry rhubarb  
 1 quart water  
 1 orange (sliced)  
 1 lemon (sliced)  
 13 cups sugar  
 1 bottle certo " pectin



### Method

Boil together water,  
 rhubarb, orange and  
 lemon. When it is  
 well cooked - strain. To  
 7 cups juice add 13  
 cups of sugar. Bring  
 to a rolling boil. Add  
 certo. Boil 3 minutes.  
 Pour into jars and  
 seal.

Dubuc Homemakers

## Baskatoon Jelly.

- $3\frac{1}{2}$  cups Baskatoon juice (1  $\frac{3}{4}$  lbs)  
 $\frac{1}{2}$  cup lemon juice - about 4 med lemons  
 $7\frac{1}{2}$  cups sugar (3  $\frac{1}{4}$  lbs)  
 1 bottle lerts.

To prepare juice, remove larger stems from about 3 lbs of fully ripe berries. Place in a kettle and crush. Heat gently until juice starts to flow, then simmer covered for about 15 mins. Place in a jelly cloth or bag + squeeze out juice.

Squeeze + strain lemon juice.

Measure sugar + juice into a large sauce pan + mix. Bring to a boil over a hot fire + at once add lerts stirring constantly. Bring to a full rolling boil and boil hard  $\frac{1}{2}$  min.

Remove from fire, skim + pour quickly into glasses.

Makes about 11 glasses.

Stockholm Homemakers Club.

Anti Prosperity District



## High Bush Cranberry Jam

6 qts. Cranberries.

9 lbs. sugar

1½ pints water.

Method: Pick cranberries that are large and well-sapored. Wash and pick them over and put half of them in a saucepan with the water. Cover and cook until the berries are very soft. Turn into a jelly bag and squeeze out all the juice possible. Turn this into a preserving kettle and add the sugar. Set aside until the sugar dissolves, stirring occasionally. Set it on the stove and heat the juice to the boiling point. Add the remaining cranberries and cook steadily

until they are tender and the jam is clear.

Stir occasionally and remove any scum which rises to the surface.

Pour into hot, sterile jars or glasses and seal or cover with paraffin. They stay a lovely bright color and the juice is like a thick jelly.

North-Lag Home-makers

Bradview.



## Strawberry Jam

4 cups prepared fruit  
7 cups sugar  
 $\frac{1}{2}$  bottle Certo

Note - 6 cups of sugar  
if berries are partially  
sweetened frozen ones.



### Method -

Add sugar to fruit in Saucepan and mix well. Place over high heat, bring to a full rolling boil. Boil hard one minute stirring constantly. Remove from heat and at once stir in Certo. Then stir and skim by turns for 5 minutes, to cool slightly and prevent floating fruit. Ladle quickly into sterilized glasses. Paraffin at once. Makes approximately 10, six-ounce glasses.

### To Prepare Fruit.

Crush completely one layer at a time, about 2 quarts of fully ripe berries (I desired piece of pulp of the pulp). Measure 4 cups into the large kettle. I desired  $\frac{1}{4}$  cup of strained lemon juice may be substituted for  $\frac{1}{4}$  cup of pulp. Frozen berries are very nice when used in the above recipe.

"Glen Horne"  
Battle Heights



## Blueberry Jelly.



Pick and wash  $\frac{1}{2}$  gallon of blueberries put in preserving kettle and cover with water and boil hard for 5 minutes drain berries take  $\frac{1}{2}$  gallon more berries and cover with same juice and boil again for 5 minutes put juice of this in jelly bag and drain take 3 cups of juice and 1 cup of sugar 1 teaspoon of lemon juice and boil hard until jelly forms a sheet when tested and dropped from a spoon which only takes a few minutes pour in jar, cover with wax. this is not too sweet.

—Edridge Homeopathic.



# Sand Cranberry Jelly



Cook one quart of cranberries with  $\frac{1}{2}$  cup of hot water until the berries burst. Mash the pulp through a sieve.

Add 2 cups of sugar and cook until smooth. Pour into a pan or dish and cool.



This jelly may be cut in fancy shapes and used as a garnish on cold meats or turkey.

Garrick.

270.

## Crabapple and Pincherry Jelly

3 lbs Crabapples

3 lbs Pincherries

Simmer the fruits gently with enough water to barely cover for 1 hour or until soft. Place each fruit in a separate jelly bag and drip off the juices. Combine juices and add slowly 1 cup of sugar for each cup of juice. Bring to rapid boil and boil until jelly forms a sheet when dropped slowly from a spoon. Fill glasses immediately and seal with paraffin



6 odette



#



## Blueberry and Rhubarb Jam

3 lbs. rhubarb  
 3 lbs. sugar  
 1 large orange  
 3 lbs. huckleberries



Wash the rhubarb and cut fine, chop the orange into small pieces saving all the juice. Place the rhubarb, sugar and orange rind and juice in kettle and cook until the mixture begins to thicken. Then add the crushed berries and cook for 15 or 20 minutes longer. Pour into sterile jars.



Glocca Morra  
 Chaviland

## Pinchererry Jelly:

Glean and stem 3 qts. ripe pincherries. Add 3 c. water and bring to a boil. Simmer 15 minutes. Strain out juice, squeeze bag gently. To 3 c. water add 5 c. sugar. Bring quickly to a boil. Boil hard for 2 minutes. Remove from heat, skim and pour quickly into sterile jars. Paraffin lid once to  $\frac{1}{4}$  inch... Cherry Ridge  
 Nipabwin

# PICKLES RELISHES

AND



# SAUCES

## Beet and Cabbage Relish

2 qts. finely chopped cabbage  
 2 qts. cooked beets, chopped fine  
 1 qt. diluted vinegar      2 tsp. salt  
 1 tsp allspice              3½ c sugar

Mix all ingredients together and let stand overnight so that sugar will dissolve and blend with cabbage and beet mixture. Mix well with a wooden spoon and seal.

Skull Creek



Olinette



Select tiny cucumbers and slice them crosswise, one inch thick. Soak them in cold water overnight. Drain, and pack in sterilized jars. Cover with a solution of: (cold)

- 1 pint vinegar
- 1 pint water
- 1 cup salt
- 2 tablespoons mustard seed

The above solution makes 2½ pints

- Hay Creek.

Maple Creek.





"IN WINTER'S GRIP"

## Hot Dog Relish

Typical of Canada or U. S. A.

25 cucumbers (4 to 6 inches long)

2 green peppers, 1 red pepper

3 large onions,  $\frac{1}{2}$  cup salt1 tablespoon mustard } in spice  
3 tablespoons celery seed } bag

3 cups brown sugar

3 cups mild vinegar

## Method



Wash vegetables. Take seeds from peppers. Put all vegetables through a coarse food chopper. Sprinkle with salt and let stand overnight. Drain and rinse in cold water. Boil sugar, vinegar, and spice 10 minutes. Add vegetables and heat only to boiling point.

Put in sterilized jars and seal.

Lynn Grove N. M. C.

Prophet



## Cucumber Pickle

4 cups onions - chopped fine

15 cups cucumbers - peeled and chopped fine

Keep onions and cucumbers separate

Sprinkle each with  $\frac{1}{4}$  cup salt and  
let stand overnight Drain

Make sauce of the following

2 quarts vinegar

$\frac{1}{4}$  lb. mustard

2 tablespoon flour

1 tablespoon turmeric

2 tablespoons celery seed

2 cups brown sugar



Bring to a boil and pour over  
combined onions and cucumbers

Boil  $\frac{1}{2}$  minute and seal.

Valley Center Homestead  
Gull Lake

## Dill Pickles

Use freshly picked cucumbers 3 to 5 inches long Wash, soak overnight in cold water Drain thoroughly Place pieces of dill in bottom of sterilized jar pack cucumbers into jar and place more dill on top

Combine  $\frac{1}{2}$  cup table (big) salt  
or  $\frac{3}{4}$  cup coarse salt

2 cups white vinegar

6 cups water

Bring to boil and pour hot liquid over cucumbers Seal & let stand in a cool place at least 6 weeks before using

Yield sufficient liquid for 4 quarts of pickles

If desired a small piece of garlic may be added to each quart of pickles



Lloyd, Webb

## Sweet Pickles (Mixed)

1 qt. cucumbers, 1 qt. onions, 1 qt cauliflower,

Cut vegetables to uniform size

Make a brine by boiling 1 gal water and 1 cup salt

Pour over vegetables, let stand 3 days. Drain well

Rinse once with clear water. Make a syrup by

boiling 3 pints med strength vinegar, and

4 lbs. of white sugar, add 1 oz whole

allspice, 1 oz. celery seed, 1 oz broken

cinnamon stick, tied in cheesecloth bag.

Pour over pickles, let stand 24 hrs. Drain.

Bring the syrup to a boil, pour over pickles again.

Do this 3 days in succession. On the 3rd

day, seal them in sterilized jars.



Burns Progressive, Gull Lake

## Bread and Butter Pickle

- 18 cucumbers 4-5 inches long  $1\frac{1}{2}$  tsp ginger  
 4 or 5 good sized onions  $1\frac{1}{2}$  cups sugar  
 1 pt. vinegar 1 tsp mustard seed  
 1 tsp. mustard 1 tsp. turmeric  
 1 tsp. celery seed 1 tsp. black pepper



Slice cukes and onions in salt water and soak overnight (brine 1 cup salt to 10 cups water) Mix other ingredients then drain cukes and onions. Add these to mixture and place on stove. Let simmer 1 hour and seal while hot.

Golden Sheaf

Gull Lake

Points on Pickling (When Canning of Fruits and Vegetables)

1. Use firm, fresh vegetables and fruits for making pickles.
2. The use of a small amount of alum during the pickling process develops a crisp quality in certain pickles.
3. Spices should be used with caution. This is particularly true of cloves, allspice, and hot peppers since they are particularly strong-flavored. A dark color or a bitter flavor may result from using too much spice or from boiling the spice too long with the vinegar.
4. Whole spices give better color and flavor than ground spices. Whole spices should be tied loosely in a cheesecloth bag, cooked with the vinegar or pickle and then removed. The bag should be large enough to allow the vinegar to boil through the spices.
5. Use enamel, aluminum or stainless steel cooking utensils, not iron, copper or brass.
6. Relishes and sauces should be packed in hot, sterilized jars and completely sealed.

## CANDY





### Maple Walnut Cream

2 c brown sugar  
1 c. white sugar  
1 tbsp. corn syrup  
 $\frac{3}{4}$  c cream  
 $\frac{1}{2}$  c broken nutmeat  
3 tbsp. butter  
salt  
vanilla  
maple flavoring

Put sugars, syrup, cream and salt in heavy straight-sided pot. Boil to soft ball stage. Remove from heat, add butter. Cool. Add flavoring and nuts. Beat until thick.

— Lamsford

### Caramels (Walnut Rolls)

Combine  $\frac{1}{2}$  pint heavy cream and  $\frac{1}{2}$  cup milk. Put  $\frac{1}{2}$  cup of this, 1 cup sugar,  $\frac{2}{3}$  cup white corn syrup, over low heat, stir until sugar is dissolved. Boil to soft-ball stage, stirring gently. Add  $\frac{1}{2}$  cup milk and cream, boil again to soft ball stage. Add last  $\frac{1}{2}$  cup milk and cream, boil until candy forms firm ball. Add  $\frac{1}{2}$  teaspoon salt, 1 teaspoon



vanilla. Pour into square pan, cut into  $2\frac{1}{4}$ -inch strips. Roll long edges thin. Place fondant on strips, overlap edges, roll in chopped walnuts or pecans. Wrap in wax paper, cool and slice.

— Sceptre

## Butterscotch Patties



- |                                    |                                |
|------------------------------------|--------------------------------|
| $\frac{1}{2}$ cup brown sugar      | $\frac{1}{4}$ cup water        |
| $\frac{1}{2}$ cup granulated sugar | $\frac{1}{4}$ cup butter       |
| 3 tablespoons light<br>corn syrup  | $\frac{1}{4}$ teaspoon<br>salt |
| 3 tablespoons heavy cream          |                                |
| 1 Teaspoon vanilla extract         |                                |

Thoroughly combine sugars, corn syrup, cream, and water. Cook, stirring until sugar dissolves, to very hard - ball stage ( $260^{\circ}$ ). Add butter and cook to light-crack stage ( $270^{\circ}$ ). Remove from heat, add salt and vanilla. Drop from tip of teaspoon onto greased surface to form 1-inch discs. Or pour into greased shallow pan, and break into pieces when cool. Makes 18 patties.

— Swift Current

## Peanut Brittle

- (i) Spread 1 cup shelled peanuts in a greased platter.
- (ii) Melt 1 cup sugar in frying pan, but do not carmelize
- (iii) Add 1 tsp butter and 1 tsp. vanilla Stir in well.
- (iv) Stir in a pinch of baking soda
- (v) Immediately pour mixture over the peanuts Mark in squares before it hardens

Burton Homemakers,  
Vanguard, Sask







## CHOCOLATE FUDGE



2 CUPS BROWN SUGAR

$\frac{2}{3}$  CUP CREAM

2 LEVEL TABLESPOONS HONEY

$2\frac{1}{2}$  SQUARES UNSWEETENED CHOCOLATE

OR 2 ROUNDED TABLESPOONS COCOA

1 TEASPOON BUTTER

PINCH OF SALT

BOIL ABOVE INGREDIENTS UNTIL IT  
FORMS A MEDIUM-HARD BALL

REMOVE FROM STOVE, AND ADD

1 TEASPOON VANILLA

1 CUP WALNUTS

LET STAND UNTIL COOL, THEN  
BEAT UNTIL IT HAS A DULL, HARD  
LOOK

PUT IN A GREASED PAN, AND  
CUT IN SQUARES WHEN HARD

PAMBRUN HOMEMAKERS CLUB

## Christmas Candy

2 cups powdered Sugar  
 3 tablespoons Butter  
 1 tablespoon Milk

Mix together. Roll and spread with softened Peanut Butter Roll as for Jelly Roll. Refrigerate over night. Slice.



- Success.

Ranch Candy

3 cups white sugar  
 1 cup corn syrup  
 1/2 cup milk  
 1 teaspoon vanilla  
 1 cup coconut



Stir sugar, syrup and milk on stove until it starts to boil. Cover pan and let cook, stirring occasionally. When it forms a soft ball when dropped in cold water, take from stove and cool. add coconut, and vanilla when candy is lukewarm. Then beat until thickened. Pour into a buttered pan, and cut into squares before it gets too firm.

- Bissell

Vesper



"QUIET EVENING"

## Creamy Fudge



2 cups white sugar  
2 heaping tablespoons cocoa  
2 tablespoons corn syrup  
 $\frac{3}{4}$  cup light cream  
butter size of a walnut  
 $\frac{1}{2}$  teaspoon salt



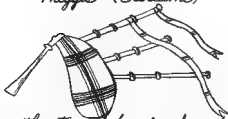
Place combined ingredients over heat and stir until sugar is dissolved. Let boil until it forms a soft ball in cold water. Cool to lukewarm, 30 minutes. Add  $\frac{1}{2}$  teaspoon vanilla. Beat till creamy and stiff. Pour into buttered pans and cut into squares.

Burnham Homemakers Club

# WE BROUGHT THESE WITH US



## Haggis (Scotland)



Have the stomach bag of a sheep cleaned and prepared by the Butcher. Let stand in salt water over night.

Heart and liver of sheep plus one leaf heart  
 $\frac{1}{2}$  lb of beef suet

2 cups toasted granulated oatmeal

4 medium onions par-boiled

1 pint hot stock

1 teaspoon salt

1 teaspoon black pepper

Boil liver and hearts and mince.

Mince the suet and onions; add the oatmeal, salt, pepper and hot liquid.

Mix well and fill the stomach bag half full; sew up very well and pld in boiling water. Boil 3 hours pricking occasionally with a long needle.

This haggis may also be put in a tight container and steamed or boiled  $3\frac{1}{2}$  hours leaving room to swell.

Smørrebrød

291.

## Danish Open Sandwiches

Use whole wheat bread, kept in the refrigerator so it can be sliced  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. Spread with plenty of butter, cut in wedges or just in half. Have your meats and salads ready.

Use sliced roast pork.

red roast beef (specially good with a spread of fried onion rings or shredded horse-radish)

chicken

boiled ham

sliced hard cooked eggs

sliced tomatoes

sliced liver loaf

sardines

different sliced cheeses.



Make salads of:

lobster

shrimps

salmon

left over chicken

carrot cubes and peas.

Turn each kind in mayonnaise, season the mayonnaise for the chicken with a bit of curry powder.

Be generous when you dress these sandwiches up

292.

and finish them with a decorative topping of pickles. (Pickled beets cut in strips for pork or liver loaf)

Sliced green cucumbers and radish or a strip of apple jelly do wonders for liver loaf - the more colorful the better.

Arrange the Smorreksd on a big platter.

Use forks and knives when eating these rich and heavenly sandwiches - a whole meal or lunch - 3 or 4 to a person. Cheese served on white bread or crackers for finishing the meal.





## German Sausage.

- 1 lb ground beef
- $\frac{1}{2}$  lb. bacon put through  
the mincer (and bacon)
- $\frac{1}{2}$  lb bread crumbs.
- 1 Teasp. pepper.
- 2 Teasp Salt
- 1 Teasp nutmeg
- 2 well beaten eggs



Method -

Mix all ingredients uniformly, form into an oblong loaf. Tie tightly into a cloth and boil for 2 hours. Remove from cloth while warm. Allow to cool. Slice. This serves 6.

## Pea Soup (French Canadian)



- 4 cups dried peas
- $2\frac{1}{2}$  lbs pickled or salt pork
- 12 cups water
- 2 medium sized onions
- Salt
- Sausage

Method

Soak peas overnight (Some brands of split peas do not require overnight soaking). Slice pork, add to the peas in the water. Add onions. Cook slowly four hours, adding water if necessary. Season to taste with salt and sausage. When done, skim out pork and remove off, serving separately.

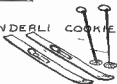
## FRUIT SOPPA (SWEDISH FRUIT SOUP)



1½ lbs mixed dried fruit  
(prunes, apricots pears raisins)  
2 quarts water  
2 sticks cinnamon  
Boil for ½ hour  
Add ½ cup tapioca  
Add ¼ cup cornstarch (mixed to  
a paste with a little cold water)

Cook until cornstarch is done. Add ¾ cup of  
sugar to taste. Add 2 tablespoons wine or lemon  
juice. Serve cold with whipped cream.

## (SWISS) MAILANDERLI COOKIES



½ lb butter  
1 cup sugar  
3½ cups flour  
3 eggs  
Grated rind of 1 lemon

Cream butter cream in sugar then eggs and  
lemon rind. Mix in flour. Roll out thin and  
cut with cookie cutter. Brush with egg yolk  
and bake in moderate oven.

## BLEENIE (RUSSIAN PANCAKES)

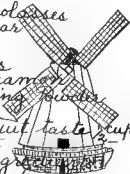


4 eggs well beaten  
4 cups boiling milk  
2 cups flour  
2 tsp baking powder  
1 tsp salt  
2 tbsp sugar

Beat eggs, gradually add boiling milk and beat  
again. Let cool til lukewarm. Sift dry ingredients  
together, add to milk-egg mixture and mix well.  
Spread a thin sheet of batter over well greased  
frying pan. Do not turn. Serve with syrup, butter  
or sour cream.  
Makes about 20 pancakes.

# Peperkoek (a Dutch Recipe)

- 1 small cup molasses
- $\frac{1}{2}$  cup white sugar
- 1 cup milk
- $\frac{1}{2}$  teaspoon cloves
- $\frac{1}{2}$  teaspoon cinnamon
- 3 teaspoon Baking Powder
- 3 cups flour
- bitron peel - (to suit taste 1 cup)
- Pinch salt



Sift dry ingredients.  
Add citron peel. Combine molasses and milk. Add wet ingredients to dry ingredients. Mix until blended.

Bake in a moderate oven for  $1\frac{1}{2}$  hours in a bread pan.

To serve: cut in thin slice and butter. May also be used to make a sandwich with a white slice of bread.



## Lipszanski (Poland)

Batter mixture

- 2 eggs well beaten
- 1  $\frac{1}{2}$  cups milk or slightly more
- 1 tablespoon granulated sugar
- 1  $\frac{1}{4}$  cups all-purpose flour
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt

Mix ingredients together and beat until the batter is smooth

Cheese filling

- 2 cups cottage cheese
- 2 eggs well-beaten
- 1 tablespoon sweet cream
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon sugar

Mix this together





Heat a small frying pan, brush it well with melted lard. pour in the batter using a berry spoon for measuring. Roll the pan from side to side so that the batter covers the bottom of the pan. Let it fry until bubbles form on the top. Then turn it over and let it fry a second or longer to dry and slightly brown that side. Turn it out on a plate. Cook each pancake the same way. The pancakes are then spread with the filling and rolled like a jelly roll.

Arrange these rolls in a casserole, pour enough sweet cream to cover the rolls. Cover the casserole and bake in oven at 375° for 35 minutes. Uncover towards the end to brown. Serve hot with cold meat and salad.

## Kourabiédes (Greek Shortbread)

cream together  $\frac{3}{4}$  lb. butter

  1 cup fruit sugar  
2 egg yolks

Beat 7 minutes with electric mixer

Add 1 teaspoon soda

1 teaspoon vanilla

Sift flour 3 times and measure out  $3\frac{1}{2}$  cups. Add flour and

mix well. Shape in fingers  $\frac{3}{4} \times 3$ .

Bake in slow oven

Roll in icing sugar before serving.



## Soda Bread (Irish)

2 cups sifted bread flour

2 teaspoons baking powder

1 teaspoon baking soda

$\frac{1}{2}$  teaspoon salt

1 tablespoon shortening

Sour milk - about  $\frac{2}{3}$  cup.

Method. Sift dry ingredients into bowl. Put in shortening and work in flour. Add enough sour milk to make a dough easy to handle. Turn onto floured board and form into round loaf. Bake at  $350^{\circ}$  for 1 hr.

## Minit Tapioca Soup (Belgium)

1 soup bone, large  
celery stalks (few for  
flavor)

3 medium sized onions  
2 cans tomato soup  
(small)

1 package minit tapioca



Cook celery and onions separately. Also cook soup bone separately. Remove the soup bone, add minit tapioca stirring constantly while adding it. Allow to boil gently until tapioca is cooked. Serve celery and onions. Add to the soup; also add tomato soup. Simmer gently for  $\frac{1}{2}$  hour. Season to taste. Serves 15 to 20.

## Sweet and Sour. (Chinese)



2 lbs. green beans (1 inch pieces)

Dash of salt and pepper

1 small jar sweet mixed

pickles and brine

5 heaping tbs. brown sugar

$\frac{1}{2}$  cup vinegar

1 teaspoon dry mustard, 1 teaspoon flour.

Heat frying pan, add fat. Place the ribs and place in the pan. Sprinkle with salt and pepper. Fry until brown. Add the pickles and their brine - cook about 5 minutes. Then add the mustard, brown sugar and flour mixed with a little water. Add the vinegar. Cook 5 minutes. Place in covered casserole, and bake in 350° oven about 1 hour. Serve hot with rice. Serves 6.

# Mojokka (Finland)

2 lbs. meat, beef or pork cut in medium sized pieces  
6 cups water  
1 tablespoon salt

Simmer slowly for two hours, adding water as it boils away. Then add:

4 cups peeled and diced sa potatoes

2 cups diced raw carrots

1 medium sliced onion

$\frac{1}{4}$  teaspoon black pepper

Simmer until done, about 30 minutes.

Serves 6 people.

## KRAMMERHUSE (ICELANDIC)

$\frac{1}{4}$  lb butter

$\frac{1}{2}$  cup flour

$\frac{1}{2}$  cup sugar

5 egg whites

**METHOD** Cream the butter and sugar until very light and fluffy. Work in the sifted flour, then add the stiffly beaten egg whites. Spread this mixture very thin on a well greased cookie sheet and bake to a golden brown. Cut in squares while still warm and shape into cones as quickly as possible, for they become brittle very easily. Fill with sweetened whipped cream and garnish with preserved cherries or strawberries. These make delicious and dainty special tea-time cookies.



## Il Minestrone (Italian)

This delicious soup is the great spring and summer soup made with fresh, young vegetables, and is usually served cold.

### Ingredients

- 5 quarts good stock
- $\frac{1}{4}$  lb. of salt pork
- $\frac{1}{2}$  lb. fresh kidney beans
- $\frac{1}{2}$  lb. peas
- 1 or 2 sticks celery (chopped)
- 1 small cabbage (chopped fine)
- $\frac{1}{2}$  lb. spinach (chopped fine)
- 3 or 4 carrots (chopped)
- $\frac{1}{2}$  lb. tomatoes
- 1 small onion chopped
- a little sage
- $\frac{1}{2}$  cup rice
- parsley
- 1 or 2 cloves garlic (optional)
- 3 or 4 tablespoons parmesan cheese
- salt and pepper



### Method.

Put the stock in a large saucepan, bring to the boil and add the pork, cut in such lengths, the beans, the peas, chopped cabbage, finely chopped spinach, as well as the carrots, celery, onions, sage, parsley, rice and chopped tomatoes. Stir well, season with salt and pepper and simmer until the vegetables are tender and have nearly absorbed the stock. Finally stir in the parmesan cheese. The soup should be very thick and can be served either hot or cold.





## Egg Foo Yong (Chinese)



- 1 cup cooked ham, pork, chicken shrimp or lobster
- 1 No. 2 can (2 ½ cups) bean sprouts
- 2 tbsp. flour
- 3 green onions
- 3 oz. can sliced mushrooms
- ½ tsp. salt
- 5 eggs

Dash pepper

Salad oil for frying

Method: Chop meat very fine.

Drain bean sprouts and toss them around in the flour. Slice the green onions.

Drain mushrooms, mix vegetables with meat. Add salt and pepper to eggs and beat slightly. Stir into meat mixture. Heat salad oil in skillet and fry one ladleful of mixture at a time over medium heat. Fry each side

3 or 4 min. until golden brown. Keep warm in low oven until all are fried. Serve with Chinese Sauce:

Make a smooth paste of 2 tbsp. corn starch and  $\frac{1}{2}$  cup water. Add  $\frac{1}{4}$  tsp. monosodium glutamate and 1 tbsp. soy sauce. Cook stirring constantly until thick and clear.



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Wiener Schnitzel (Austrian)  
Breaded Veal Cutlets

Veal steak  $\frac{1}{2}$  inch thick  
Salt and pepper  
1 egg beaten, bread crumbs  
2 tablespoons water  
Butter or other shortening  
Poached eggs  
Anchovies  
Capers  
1 Lemon sliced.



*Method.* Cut steaks into individual portions. Season with salt and pepper. Dip into bread crumbs, then into the egg to which water has been added, - then into the bread crumbs again. Melt the butter or other shortening in a skillet, and brown the veal over a quick flame. Cover, and continue cooking over a low flame for about 30 minutes or until tender. Serve with a poached egg on each portion, garnished with capers, anchovies and lemon slices.



## Steak and Kidney Pudding (English)

Make suet pastry as follows:

- 1 lb. flour
- 1 tsp. salt
- $\frac{1}{2}$  lb. chopped suet
- 1 cup water



Sift flour and salt together; rub suet into flour; mix to a paste with water. Roll pastry out half an inch thick. Line a two quart basin with pastry, saving a piece to cover the meat.

Now take: 2 lbs. round steak  
2 sheep's kidneys  
2 tbsp. flour

Salt and pepper to taste  
Cut steak and kidneys in small pieces. Put in prepared basin with salt and pepper and flour. Cover with pastry saved for lid. Place filled basin in a cloth and steam for 3 hrs. Be sure water is boiling when pudding is put in and keep boiling briskly. Serves 6

## FATTIGMAND (NORWEGIAN)

- 6 egg yolks
- 1 Tablespoon butter (melted)
- $\frac{1}{8}$  teaspoon salt
- 3 cups flour (or a little less)
- 6 Tablespoons sweet cream
- $\frac{1}{8}$  teaspoon ground cardamom
- 4 Tablespoons sugar



## Method

Beat egg yolks well, add sugar and mix well. Add the melted butter and the rest of the ingredients (2  $\frac{1}{2}$  cups of flour may be sufficient). Roll very thin. Cut in diamond shape. Make a straight cut in the centre of the diamond. Then pull the two ends through the hole. Fry in deep fat at 370° for 2-3 minutes or until a golden brown. Dust with powdered sugar.



## STRAWBERRY TORTA (HUNGARIAN)



- 1 Jelly roll sponge cake
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup butter
- 2 cups sifted icing sugar
- 1 egg slightly beaten
- 1 teaspoon vanilla
- 1 pint strawberries (fresh or frozen without syrup)

Bake a plain jelly roll sponge cake in a 15x10 inch cake tin. When cool, cut cake crosswise in 3 equal rectangles.

Beat butter until soft. Gradually add sugar, beating until creamy. Add egg and vanilla, whip until fluffy. Cut berries in quarters and add to filling. Spread fillings on top of each cake slice. Fit one layer on top of another. Garnish with whole strawberries. Serves 8.

## Holobtsie (Ukrainian Cabbage Rolls)

Ukrainians have many varieties of fillings for holobtsie but the most common is rice

- 1 large head cabbage
- 2 cups rice
- 2 cups boiling water
- 1 Teaspoon salt
- 1 large onion, minced
- 4 tablespoons butter or lard or fat
- 1 cup ground cooked meat (optional)
- Salt and pepper
- 1 1/2 cups tomato juice
- 1/2 cup sour cream



Remove the cabbage core with a sharp knife, place the cabbage in a deep utensil and pour boiling water into the hollow of the core. Cover completely with boiling water. Let stand until the cabbage leaves are soft and pliable. Drain the water. Take the cabbage leaves apart one at a time. Cut off the hard central stem from the leaves. If the leaves are large, cut in half or in three.

Wash the rice thoroughly and add to the 2 cups of boiling water, add the salt, bring to boiling. Cover and turn the heat off, allowing the rice to absorb all the water. The rice will be only partly cooked.

Sauté the onion in butter or lard or fat until golden, add the meat if used, and cook together a few minutes. Combine with rice. Season to taste with salt and pepper. If desired, some tomato juice may

be added to the rice mixture. Coat the rice  
 line the bottom of a large baking dish  
 with a few large leaves. Place a spoonful  
 of rice mixture on each leaf half (if the  
 leaves are cut) and roll up. Arrange  
 the rolls in layers. The rolls should be  
 small. Sprinkle each layer with salt.  
 Mix the tomato juice with cream and  
 pour over the rolls. Cover with a  
 few leaves. Cover tightly and bake in  
 a moderate oven ( $350^{\circ}\text{F}$ ) for 2 hours or  
 until the cabbage and rice kernels are  
 done. The rice kernels should be separate  
 not mushy. For Spring cabbage reduce  
 baking time to  $1\frac{1}{2}$  hours. When ready  
 to serve, place hot rolls on a  
 serving dish and sprinkle over them some  
 chopped crisp bacon. Serve with any  
 meat course.



### Borsch (Ukrainian)

Borsch is a very nutritious soup, almost  
 a meal in itself. Ukrainians make several  
 kinds of borsch suited to the occasion  
 and season, but the recipe for borsch  
 given below is most commonly used.

- 1 lb soup bone with meat
- 10-12 cups water
- 1 onion, chopped
- 2 medium beets cut in thinning strips or  
 grated on a coarse grater
- 1 medium carrot cut in thinning strips.
- 2 small stalks of celery thinly sliced.
- $\frac{1}{2}$  cup cooked white beans or string beans

- 1 small potato cubed
- 3 cups (or more) cabbage, shredded
- 1 cup tomato juice
- 1 tablespoon lemon juice
- Salt and pepper to taste
- $\frac{1}{2}$  cup sour cream
- 1 tablespoon minced dill, if desired

Cover the soup bone with water and brown for at least one hour. (For speedy work, omit the bone and use 2 cans of bouillon.) Add the onion and finely cut beets, simmer for 15-20 minutes or until the beets are partly cooked. If young beets are used, they may be added along with the rest of the vegetables. Add the carrot, celery leaves and potato, cook for 5 minutes. Add the shredded cabbage and continue cooking until the cabbage is tender but not overcooked. Add the remaining ingredients. Season to taste. Boroch develops a richer flavor on standing a few hours. Before serving, remove the bone.





## U DON (JAPANESE NOODLES)

2 egg yolks.  
 $\frac{1}{2}$  teaspoon salt.  
 3 sour.  
 water

Beat the egg yolks slightly, add the salt and enough flour to make a very stiff dough, a little very cold water may be added if necessary. After a thorough kneading cover the dough and set aside for 30 minutes. Then roll out very thin until almost transparent. Fold into a long roll and cut into very thin strips about  $\frac{1}{8}$  or  $\frac{1}{10}$  inch wide when unrolled the narrow strips should be 12 to 14 inches long. Boil the noodles for 3 or 4 minutes in boiling water; drain off all the water and serve with cooked mushrooms chicken, duck or lobster.



## Pfeffernuesse (German) Pepper Nut Cookies



6 cups flour  
 2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt.  
 1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon allspice  
 $\frac{1}{2}$  teaspoon ground cloves  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon mace  
 5 eggs  
 1  $\frac{3}{4}$  cups sugar  
 Juice and grated peel of  
 one lemon  
 $\frac{3}{4}$  cup finely chopped nuts  
 $\frac{3}{4}$  cup grated citron  
 Brandy or fruit juice

Sift flour, measure, and sift again with  
 baking powder, salt and spices. Beat eggs  
 until very light and foamy. Add sugar  
 gradually, and stir in lemon juice and  
 grated peel. Add sifted dry ingredients,  
 chopped nuts, and citron and blend  
 thoroughly. Chill dough 2 or 3 hours.  
 Roll out to  $\frac{1}{8}$ " thickness and cut with a  
 Pfeffernuesse cutter, a catsup bottle top,  
 a tiny bisquit cutter, or any cylinder  
 about  $\frac{7}{8}$ " in diameter. Place the cookies  
 on ungreased baking sheets and allow to stand  
 overnight (cool). Next morning turn them over  
 and put a drop of brandy in centre of each. Bake  
 with brandied catsup. 300°F - 20 minutes. Cool,  
 store tightly covered - 2 weeks. Makes 200.

# GRAD TORTE. (JEWISH)

- 6 egg yolks.
- 1 Cup sugar.
- 1 cup almonds, blanched & grated.
- 1 cup bread crumbs.
- 1 lemon, juice and grated rind.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$  teaspoon cloves.
- $\frac{1}{2}$  teaspoon allspice.
- 1 teaspoon baking powder.
- 6 egg whites.

Beat egg yolks until light; add the sugar and beat for several minutes. Add the almonds and mix well. Combine the bread crumbs with the juice and grated rind of the lemon; add the spices and the baking powder and then combine with the egg mixture. Pour the batter into a well buttered spring form or mold. Bake in a moderate oven ( $350^{\circ}$  F.) about 45 minutes.





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